HEALTH & PHYSICAL EDUCATION

COLLECTION OF PART-1 QUESTIONS & ANSWERS FOR G.C.E. (ORDINARY LEVEL) EXAMINATION (2015-2022)



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HEALTH AND PHYSICAL EDUCATION

PAST PAPER QUESTION & ANSWER 2015 – 2022

PART - 1

• LET US BUILD A HEALTHY SOCIETY (UNIT – 10.1 AND 11.1)

• 2015

1. "Good health will be helpful for a productive learning and productive learning will be helpful to maintain good health." The statement is

(1) Correct. (2) Incorrect.

(3) Correct to a certain extent. (4) Impossible to decide whether correct or incorrect.

02. Although he frequently shows some signs of anger, he is well-disciplined, handsome, efficient and popular. He is

(1) a person with total personality. (2) a person with total health.

(3) a person who is concerned about health promotion.

(4) a person who should improve his mental status to become an individual with total health.

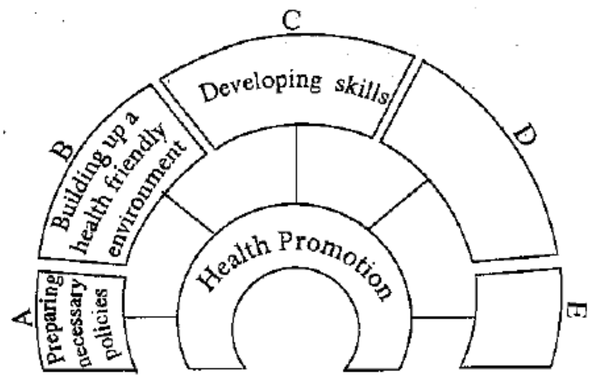
03. The suitable words to fill the blanks D and E in the given diagram which was provided during a group activity of a health and physical education class are

(1) Physical fitness and mental fitness.

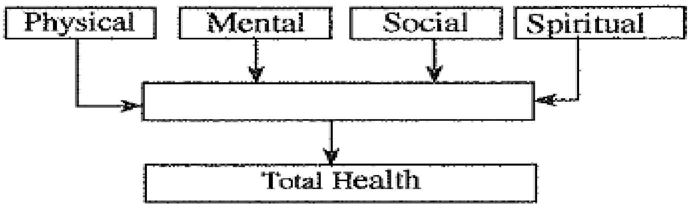
(2) Adequate nutrition and engaging in exercises.

(3) Strengthening the community participation and reorganizing health services.

(4) Leisure and sleep.



• 2016



04. the most suitable word/words to fill the blank box in the given diagram is/are

(1) healthy (2) correct nutrition (3) well-being (4) Adequate sleep.

Rideegama College →

Prepare necessary policies/principles
Develop skills
Build up a health friendly environment
Strengthen the community participation
Getting the health services, reorganize

05. The above diagram shows some activities conducted by the principal of Rideegama College, in order to develop his school. His intention is to convert the school into

(1) a health promoting school. (2) A healthy school.

(3) a popular school (4) A school which is loved by all students

06. Body Mass Index (BMI) of four students are given below.

A - 17 B - 21 C - 25 D - 30

Which of the above students are at a higher risk of developing conditions such as diabetes, increased blood cholesterol level and heart diseases?

(1) A and C (2) B and C (3) B and D (4) C and D

• 2017

07. If you are working on controlling and improving the factors that affect your health and the health of your family and the society, you are contributing to

(1) Prevent the spread of diseases. (2) maintain a clean environment.

(3) Accomplish health promotion. (4) Minimize accidents and disasters.

- **Use the following information to answer questions 8 and 9.**

Ravi:
A - is a skilled athlete who represents several teams in his school.
B - achieves high scores for mathematics and some other subjects.
C - is a popular student who holds several posts in various student associations.
D - is a well-disciplined student who is dedicated to religious activities.

08. Ravi can be best described
(1) an efficient and humble student.
(2) a skilled and intelligent student.
(3) a disciplined athlete.
(4) a student having a total health.

09. According to the above information, the statement which indicates that Ravi has developed his physical well-being is
(1) A (2) B. (3) C. (4) D.

10. By reducing the risk of diseases and infirmity, increasing longevity and leading a happy and active life, an individual can improve his/her
(1) total personality.
(2) physical well-being.
(3) quality of life.
(4) mental well-being.

- Use the following table that lists the Body Mass Index (BMI) ranges of three individuals to answer questions 11 and 12.

Name	BMI Range
Rita	Less than 18.5
Shakthi	18.5-22.9
Vesmi	Greater than 27

11. The individuals who should pay a special attention to maintain the correct weight for their height are
(1) Rita and Vesmi.
(2) Rita and Shakthi.
(3) Shakthi and Vesmi.
(4) Rita, Shakthi and Vesmi.

12. The individual/s who is/are suffering from a nutritional problem caused by overconsumption of foods containing macro-nutrients is/are
(1) Rita. (2) Vesmi. (3) Shakthi. (4) Shakthi and Vesmi.

- **2018**

13. Rahini is a friendly student who is truly helping others in their joys and sorrows. According to this information, Rahini is a student
(1) with total health.
(2) who contributes to health promotion.
(3) with total personality.
(4) with good inter-personal relations and empathy.

- **Several actions taken by the principal of Tharuyaya College to make the school a 'Health Promotion School' are listed below as A, B, C, D and E. Answer questions 14 to 16 based on the information given below**.

A - Prohibit bringing polythene to the school completely

B- Conducting a Dengue-eradicating Shramadana at school with the help of parents and villagers

C - Prohibiting selling instant food, junk food and carbonated drinks in the school cafeteria

D- Conducting the school medical inspection with the participation of the Medical Officer of Health (MOH)

E - Providing adequate toilet facilities

14. The statement's containing policies introduced by the principal to implement health promotion is/are

(1) A. (2) A and C. (3) B and C. (4) C, D and E.

15. The statement's showing the community participation in health promotion is/are

(1) A and E. (2) B and D. (3) C and D. (4) B.

16. Statements that indicate the provision of services required for health promotion and building a health-promoting environment are

(1) A and B. (2) B and C. (3) B and D . (4) D and E.

17. Rama, who is suffering from wasting, often tends to have fights with the villagers. He is devoted to his religion. The fields that cause disturbance to his well-being are

(1) physical, mental and social. (2) mental, spiritual and social.

(3) physical, spiritual and mental. (4) physical, mental, social and spiritual.

- **2019**

18. Hashan is popular. He has friends from different nationalities. Accordingly, it can be concluded that Hashan is

(1) a person with good inter-personal relationships. (2) a person with empathy.

(3) a sensitive person. (4) a kind person.

- **Information about four persons A, B, C and D are given below. Answer questions 19 and 20 using the given information.**

A - An intelligent, efficient person who respects all religions and ethnic groups equally

B - An educated intellectual person who works hard to accomplish innovations

C - A social worker who voluntarily engages in social service

D - A religious leader who works hard to promote his religion

19. According to the above information, out of these people, the person having a total health is

(1) A (2) B. (3) C. (4) D

20. The person/s with social well-being is/are

(1) C. (2) D. (3) A and C. (4) B and D

21. My friend has the ability to manage stress and emotions. Accordingly, it can be stated that

(1) he has a good physical health. (2) he has a good mental health.
(3) he has a good social health. (4) he is a person with psycho-social well-being.

- **2020**

22. Kumar, a handsome, popular athlete who is good at his studies, is leading his life according to religious beliefs. Accordingly, Kumar can be described as

(1) a skilled athlete. (2) a popular athlete.
(3) an athlete free of diseases. (4) a healthy athlete.

23. The principal of Handagama Vidyalaya conducted a Shramadana with parents, teachers and villagers to disinfect the school premises. According to health promotion strategies, this activity belongs to

(1) formulate the policies. (2) build a health promoting environment.
(3) obtain community participation. (4) receive the required services.

24. A person who is living happily and actively while minimizing the risk of contracting illnesses and deformities is attempting to

(1) preserve the quality of life. (2) lead a healthy life.
(3) lead an enjoyable life. (4) lead a peaceful life.

- **The following table lists the colours that represent the different nutritional statuses in a Body Mass Index (BMI) chart. Answer questions 25-27 based on this information.**

Nutritional status	Colour
Wasting	Orange
Normal weight	Green
Over weight	Light purple
Obesity	Dark purple

25. The colour that represents the nutritional status of an individual with a BMI of 29 could be

1. Orange 2. Green 3. light purple. 4. dark purple.

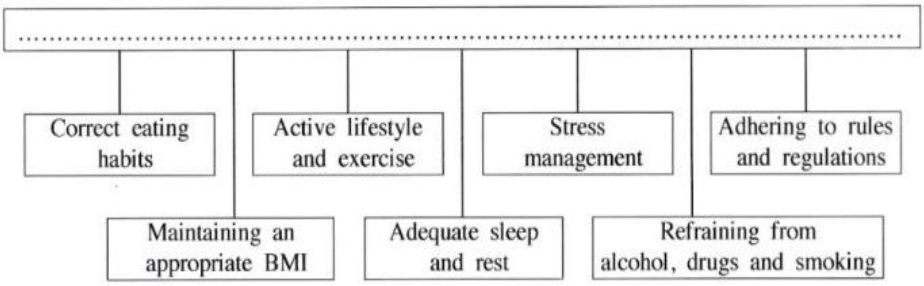
26. The BMI of a person belonging to the orange zone of the chart could be

1. 17.5 2. 22 3. 27 4. 28.5

27. A person with good physical fitness belongs to the

1. dark purple zone 2. light purple zone 3. green zone 4. orange zone.

28. Select the option that contains the most suitable theme to fill in the blank of the following diagram.



(1) A lifestyle suitable to maintain total health

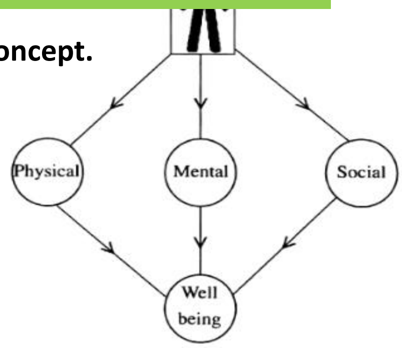
(2) The actions that should be taken to develop total personality

(3) Factors required for an active lifestyle

(4) Actions that should be followed to promote health

- **2021**

29. A student has presented the following diagram to describe a concept.



The concept presented by the above diagram is

(1) Health promotion. (3) Total health.

(2) Total personality. (4) The well-being of life.

Use the following information to answer question 30 and 31.

- **Several programmes conducted by the principal and the teachers of Malyaya Vidyalaya to convert the school into a Health Promotion School, are listed as A, B and C.**

A - Holding a shramadana with the assistance of parents and villagers to clean the school.

B - Conducting a vaccination programme with the help of the Medical Officer of Health (MOH) and the Public Health Inspector (PHI) to protect the students over 12 years from COVID-19.

C - Making it compulsory to sell healthy foods in the school canteen.

30. Under the health promotion strategies, the programme denoted by 'A' belongs to

(1) developing skills. (2) obtaining community participation.

(3) building a healthy environment (4) formulating policies.

31. The programme/programmes implemented under recruitment of services necessary for health promotion is/are

(1) A (2) B (3) A B C (4) B and C.

- **Use the following information to answer questions 32 and 33.**

The colours indicating the Body Mass Index (BMI) ranges that determine the different nutritional statuses are as follows.

Orangе Green Light purple Dark purple

32. What is the colour of the range to which Radha, who is a student with a weight appropriate for her height, belong?

(1) Green (2) Orange (3) Light purple (4) Dark purple

33. The colour range of Neero, who is an obese student, is

(1) dark purple. (2) green. (3) orange. (4) light purple.

- **2022**

34. Students having physical, mental, social and spiritual well-being can be described as

(1) children with total personality. (2) children with good qualities.

(3) children with total health. (4) children contributing to health promotion.

35. Select the option that is suitable to fill in the blank of the diagram.

....
Formulating policies
Obtaining and organizing health services
Building a favorable environment
Obtaining community participation
Skill development

(1) Factors affecting the quality of life

(2) Factors that help to develop good interpersonal relations

(3) Actions that should be followed to protect health.

(4) Strategies that can be used for health promotion

- **Answer questions from 36 to 38 based on the following information.**
- **Thisa is overweight. The Body Mass Index (BMI) of Radha is 20.5 kgm^2. Rifa belongs to the orange zone of the BMI chart.**

36. The colour of the zone to which Thisa belongs in the BMI chart is

(1) green. (2) orange (3) dark purple. (4) light purple.

37. Regarding Radha's nutritional status, it can be said that she is

(1) Suffering from malnutrition. (2) Suffering from under nutrition.

(3) Suffering from over nutrition. (4) in an appropriate nutritional status.

38. According to the BMI chart, it can be concluded that Rifa

(1) is wasted. (2) has an appropriate weight.

(3) is overweight. (4) is obese.

➢ Answers

01. 1	02. 4	03. 3	04. 3	05. 1	06. 4
07. 3	08. 4	09. 1	10. 3	11. 1	12. 2
13. 4	14. 2	15. 4	16. 4	17. 1	18. 1
19. 1	20. 3	21. 2	22. 4	23. 3	24. 1
25. 4	26. 1	27. 3	28. 1	29. 3	30. 2
31. 2	32. 1	33. 1	34. 3	35. 4	36. 4
37. 4	38. 1				

• AGE STAGES (UNIT – 10.1 AND 11.1)

• 2015

01. Niluka is a pregnant mother. Shanthi's child is six days old. Lalitha's child is one year old whereas Padma's child is two years old. The duty of the Public Health Midwife is to provide advice and guidance during pre-natal and neonate stages. She should give advice respectively to

(1) Niluka and Shanthi. (2) Lalitha and Padma.

(3) Niluka and Padma. (4) Shanthi and Lalitha.

• 2016

02. He is physically weak. He often feels lonely and helpless. To avoid such feelings, he prefers to engage in religious activities. He needs love and caring from his children and grandchildren, and prefers to be recognized by the society. It is our duty to look after people like him. The person described above is most likely to be

(1) a person with a severe illness. (2) an elderly person.

(3) a father who has been left-out by his cruel children.

(4) a middle-aged person enjoying social recognition.

• 2017

- **Use the following information to answer questions 3 and 4. Latha, who is a pregnant mother, has a son called Rana who is 15 years old. She also has two daughters Anna and Nina, who are 13 and 7 years old, respectively.**

03. Out of them, the person/s who is/are in the stage of emerging secondary sexual characteristics and maturing reproductive organs is/are

(1) Rana. (2) Anna. (3) Rana and Anna. (4) Anna and Nina.

04. Latha's fourth child is in

(1) prenatal period. (2) neonatal period. (3) infant stage. (4) early childhood

• 2018

05. When feeding a healthy infant, a mother should not

(1) give breast milk whenever the baby needs milk during the first six months.

(2) introduce complementary food on completion of the first six months.

(3) limit foods containing salt and sugar in the first year.

(4) provide three snacks in addition to the three main meals per day.

- **Several needs of some individuals at different stages of life are listed below. Use the following information to answer questions 6 and 7.**

Individual	Need
A	Likes to get a higher education and an employment suited to his/her education level.
B	Interested in different sources of income. Interested in the welfare of the family,
C	Prefers to get involved in religious activities. Expects more recognition and love from others.
D	Prefers the company of peers. Shows an interest in the opposite sex.

06. Of the above individuals, Praveen, who is a student in Grade 11, could most probably be

(1) A. (2) B. (3) C. (4) D.

07. Praveen's grandfather could possibly be

(1) A. (2) B. (3) C. (4) D

• 2020

08. Nishi is 27 days old. Kavi is 3 years old. The choice of answer containing the stages of life of these two persons in the correct order is

(1) infant stage and late childhood. (2) neonatal stage and early childhood.

(3) prenatal stage and infant stage. (4) infant stage and early childhood.

09. Low birth weight is defined as an infant born weighting

(1) 1.5 kg or less. (2) 2.0 kg or less. (3) 2.5 kg or less. (4) 3.0 kg or less.

• 2021

10. What is the choices that lists the stages of childhood in the correct order?

(1) Prenatal stage, infant stage, neonatal stage and childhood

(2) Prenatal stage, neonatal stage. infant stage and childhood

(3) Neonatal stage, prenatal stage, childhood and infant stage

(4) Neonatal stage, prenatal stage, infant stage and childhood

11. Select the correct answer choice regarding the following statement and the reason.
Statement - It is essential to breast feed a child until he/she completes at least six months.
Reason - Breast milk contains all nutrients required for the growth of a child's body and brain up to six months, in adequate amounts.

(1) The statement and reason are correct.
(2) The statement and the reason are incorrect.
(3) The statement is incorrect whereas the reason is correct.
(4) The statement is correct whereas the reason is incorrect.

- **2022**

12. To fulfil the psycho-social needs of a child in early childhood, an adult should

(1) nourish the child appropriately.
(2) measure the weight and the height of the child at three-month intervals and record them on the growth chart.
(3) protect the child from communicable diseases.
(4) give love and affection to the child and allow him/her to express his/her ideas.

➢ **Answer**

1. 1	2. 2	3. 3	4. 1
5. 4	6. 4	7. 3	8. 2
9. 3	10. 2	11. 1	12. 4

• POSTURE 10.3 AND 11.3

- **2015**

01. Wesmi is standing on one foot. Nadan is standing still while Sarath is standing at ease. Jack is in hand stand position. Out of these persons, who has the most balanced position?

(1) Nadan (2) Wesmi (3) Sarath (4) Jack

- **Use the following information to answer questions 02 and 03. Iresha was sitting in the pavilion, looking joyfully at Shan who was reaching the finish line of the 100 m sprint. Lal was watching the same while standing.**

02. Out of these three, who was/were in a static posture?

(1) Lal (2) Iresha (3) Lal and Iresha (4) Shan and Lal

03. Shan's posture is

(1) a dynamic posture. (2) a static posture.
(3) a dynamic or static posture. (4) a dynamic and static posture.

04. The diagram shows how a person is lifting a weight. The method he is using is

(1) incorrect.
(2) correct.
(3) correct to a certain extent
(4) impossible to say whether correct or incorrect.



- **2016**

05. A gymnastic posture is shown in the diagram. Which of the following facts helps to maintain the balance of the gymnast?



(1) The center of gravity is located above the supporting base.
(2) The center of gravity is located below the supporting base.
(3) The center of gravity is located slightly left to the supporting base.
(4) The center of gravity is located slightly right to the supporting base.

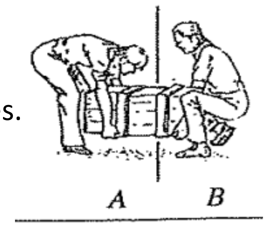
06. While trying to stop a shot and a tennis ball rolling on the ground, I realized that I can stop the tennis ball more easily compared to the shot. The reason for this is:

(1) the inertia of the tennis ball is greater than that of the shot.
(2) the inertia of the shot is greater than that of the tennis ball.
(3) the speed of the tennis ball is lesser than that of the shot.
(4 the speed of the shot is lesser than that of the tennis ball

07. We practice running, jumps and throws during the Physical Education period, and spend the rest of the periods in the class room while sitting or standing.
According to the above information, we maintain

(1) dynamic postures in the playground and static postures in the classroom.
(2) static postures in the playground and dynamic postures in the classroom.
(3) dynamic postures in the playground and in the classroom.
(4) static postures in the playground and in the classroom.

08. diagrams A and B show how Rizvy and Nadan are lifting a weight, respectively. From the diagrams, it can be concluded that

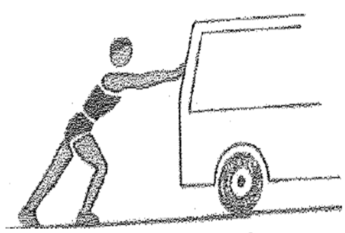


(1) both Rizvy and Nadan are lifting the weight using correct techniques.
(2) both Rizvy and Nadan are lifting the weight using incorrect techniques.
(3) Nadan is lifting the weight using correct techniques.
(4) Rizvy is lifting the weight using correct techniques.

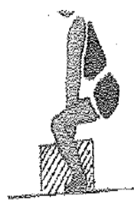
- **2017**

09. Select the correct statement about the two postures a and b shown in the following diagrams.

(1) a is correct and b is incorrect.
(2) b is correct and a is incorrect.
(3) Both a and b are correct.
(4) Both a and b are incorrect.



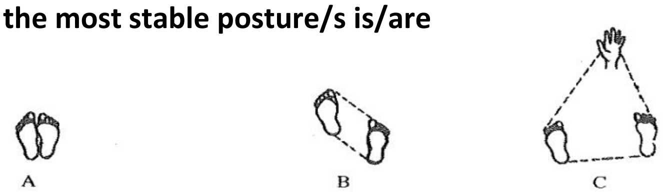
A



B

- **Use the following diagrams to answer questions 10 and 11.**

10. The postures of three athletes A, B and C are shown in the above diagrams. The athletes who has/have the most stable posture/s is/are



(1) A only (2) B only (3) C only. (4) A and B

11. Compared to athletes A and B, athlete C

(1) has his centre of gravity positioned away from the supporting base.

(2) has his centre of gravity positioned at a higher level from the ground.

(3) has a wider supporting base.

(4) can lose his balance even due to a small force exerted on him.

12. While taking a catch, a cricketer uses both of his hands to stop the ball coming towards him. Select the correct statement about the ball in the above instance.

(1) The velocity of the ball reaches a maximum value after it is being caught.

(2) When taking the catch, the force exerted on the ball by the player is zero.

(3) The momentum of the ball becomes zero after it is being caught.

(4) The ball's mass has no effect on the force required to stop it.

13. Releasing an object to the air by throwing or shooting forward is called a projection and the object is projected is called a projectile. Out of the following, the event in which the athlete's body does not act as a projectile is that

(1) long jump. (2) high jump. (3) hurdles. (4) 100 m running.

- **2018**

14. Three postures of Rama, Rana and Risu are shown in the following diagrams.



Select the correct statement about the postures of Rama, Rana and Risu.

(1) Rana's posture is correct whereas Rama's and Risu's postures are incorrect.

(2) Risu's posture is correct whereas Rama's and Rana's postures are incorrect.

(3) Rana's and Risu's postures are correct whereas Rama's posture is incorrect.

(4) Postures of Rama, Rana and Risu are correct.

15. Choose the correct sentence about the following statement and the reason for the statement.

Statement: It is difficult to push a 6 kg shot kept on the ground using the foot compared to a 4 kg shot kept on the ground.

Reason - The inertia of the 6 kg shot is greater than that of the 4 kg shot.

(1) The statement and the reason are correct.

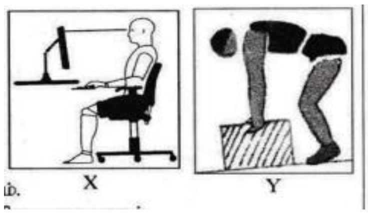
(2) The statement and the reason are incorrect.

(3) The statement is correct whereas the reason incorrect.

(4) The statement is incorrect whereas the reason is correct.

- **2019**

16. X and Y are diagrams showing two postures that are used when sitting in front of a computer while working, and lifting a weight, respectively. Select the correct statement about these postures.



(1) Both X and Y postures are correct.

(2) Both X and Y postures are incorrect

(3) X posture is correct whereas Y posture is incorrect.

(4) X posture is incorrect whereas Y posture is correct.

17. Out of the following statements about walking and running, select the correct statement.

(1) Walking is a static posture while running is a dynamic posture.

(2) Running is a static posture while walking is a dynamic posture.

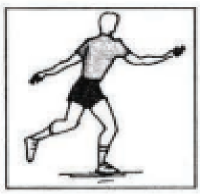
(3) Walking and running are static pastures.

(4) Walking and running are dynamic postures

18. The most important component required at the sprint start is

(1) speed. (2) flexibility. (3) reaction speed. (4) strength

19. The player in the diagram has managed to maintain his balance by



(1) moving the body parts in opposite directions.

(2) widening the base of support.

(3) bringing the centre of gravity to a lower level.

(4) bending the body toward an external force

20. Select the correct sentence about the statement and the reason for the statement given below.

Statement: The body of a high-jump athlete acts as a projectile during his jump

Reason An object that is projected toward the air is called a projectile.

(1) The statement is correct and the reason is incorrect.

(2) The statement is incorrect and the reason is correct

(3) The statement and the reason are correct.

(4) The statement and the reason are incorrect.

• 2020

21. During running and walking, the balance is maintained by,

(1) maintaining the centre of gravity at a lower position.

(2) widening the supporting base.

(3) leaning the body forward.

(4) moving hands and legs in opposite directions.

22. Consider the following statement and the reason related to the activity which is shown in the given below

Statement - The seesaw in the diagram is balanced on the pivot.

Reason - The forces acting on the right and left sides of the center of gravity of the seesaw (which is on the pivot) are equal.

Select the correct answer choice regarding the statement and the reason.



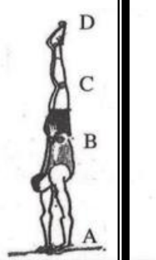
(1) The statement is correct while the reason is incorrect.

(2) The statement is incorrect while the reason is correct.

(3) The statement and the reason are correct.

(4) The statement and the reason are incorrect.

23. When a gymnast is doing a handstand as shown in the diagram, his centre of gravity is located at point



(1) A (2) B (3) C. (4) D.

• 2021

24. The diagrams X, Y and Z given below indicate several postures.



Out of the above diagrams, the letters of the diagrams showing incorrect postures are.

(1) X and Y (2) X and Z. (3) Y and Z. (4) X, Y and Z.

- **Answer question 25 and 26 using the following information.**
- **Younger sister comes running and throws the tennis ball far. Younger brother comes running and jumps over a water hole. Mom is watching them while standing beside dad, who is seated. Grandfather is lying on a bed in his room.**

25. Out of these, static postures are shown by,

1. brother and sister
2. mother and father.
3. father and grandfather.
4. mother, father and grandfather.

26. Dynamic postures are shown by,

(1) sister. (2) grandfather.

(3) brother and sister (4) mother and father.

27. The centre of gravity of the athlete in the diagram who is in the starting position of a sprint event is located at point



(1) K. (2) L. (3) M. (4) N.

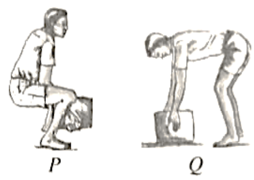
28. The weightlifter shown in the diagram has achieved balance by



(1) positioning his centre of gravity lower.
(2) moving body parts in opposite directions.
(3) widening his supporting base.
(4) leaning his body towards an external force.

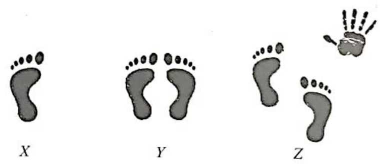
- **2022**

29. The diagram shows how the two persons P and Q are lifting weights. Select the correct statement about their postures.



(1) P's posture is correct and Q's posture is incorrect.
(2) Q's posture is correct and P's posture is incorrect.
(3) Postures of both P and Q are correct.
(4) Postures of both P and Q are incorrect.

- **The following diagrams show how the three students X, Y and Z managed to maintain balance. Answer questions 30 and 31 based on these diagrams.**



30. Of these students, the student/students with the highest balance is/are,

(1) X. (2) Y. (3) Z (4). Y and Z

31. The reason for achieving balance in the student/students with the highest balance among X. Y and Z is

(1) having a large supporting base
(2) positioning the line of gravity within the limits of the supporting base.
(3) moving the body parts in opposite directions.
(4) positioning the centre of gravity at a lower level.

32. Several statements about the centre of gravity are given below

A - The centre of gravity is the point where the body weight of a human act on.
B - The position of the centre of gravity will not change according to the postures of a person
C - It is easter to maintain balance when the centre of gravity if positioned near the ground level.

Of the above, the Incorrect statement/s is/are

(1) A only. (2) B only. (3) A and B only. (4) B and C only.

➢ **Answer**

01. 3	02. 3	03. 1	04. 2	05. 1	06. 2
07. 1	08. 3	09. 3	10. 3	11. 3	12. 3
13. 4	14. 3	15. 1	16. 3	17. 4	18. 3
19. 1	20. 3	21. 4	22. 3	23. 2	24. 2
25. 4	26. 3	27. 3	28. 3	29. 1	30. 3
31. 1	32. 2				

• PARTICIPATION IN SPORTS 10.4 11.4 11.5 11.6

• 2015

01. We were practising the "Dig Pass'; one of the receiving skills of volleyball. To improve that skill, our physical education teacher designed a game which uses the Dig Puss and we were engaged in the game according to rules and regulations set at the time of designing the game. We were practising an

(1) minor game. (2) organized game. (3) lead up game. (4) recreational game.

➢ **Answer**

1. 3

• Outdoor activities10.4 11.8

• 2015

01. I wore a proper attire for that journey, which protected me from serpents, leeches, and other animals. During the journey, I got an understanding about the biodiversity. Further, I developed the skills of using a compass and reading maps. My journey was

(1) a mountain climbing, (2) a forest exploration. (3) a walk (4) a picnic.

• 2017

02. Four outdoor activities suggested by the students P, Q, R and S are given below.

P Jungle crafts Q Mountaineering S - A walk R - Jungle exploration

The student who has suggested the activity that is most suitable for studying biodiversity is

(1) P. (2) Q. (3) R (4) S.

03. After taking all items required for the activity, you left early morning to explore a jungle and you want to find the direction of the north. The correct and the easiest way would be to

(1) ask the teacher in charge.
(2) place the compass on a flat surface and find north based on its indication.
(3) lift the compass high and find north accordingly. (4) find north by looking at the sunset.

- **2018**

04. A Physical Education teacher does the following activities with students while organizing an outdoor activity.

- Preparing a plan
- Preparing a road map
- Using a compass
- Educating students about the position of constellations

The teacher and the students are preparing for a

(1) mountaineering adventure. (2) walk.
(3) bicycle safari. (4) jungle exploration.

- **2020**

05. To find the directions, a jungle explorer should carry a

(1) compass. (2) road map. (3) torch. (4) mobile phone.

- **2022**

Use the following information to answer questions 06 and 07.
"The main aim of the journey that we organized was to study biodiversity. Also, we studied how to use the compass and maps for this journey. We prepared attire to protect ourselves from dangers and foods required for the journey."

06. They have organized a

(1) walk. (2) mountaineering trip. (3) jungle exploration. (4) cycle parade.

07. The compass is used in this journey to

(1) calculate the time for the journey. (2) find the direction during the journey.
(3) find the environmental temperature.
(4) know the procedure to be followed during an emergency.

➢ **Answer**

1. 2	2. 3	3. 2	4. 4	5. 1
6. 3	7. 2			

Athletic10.5 11.9 11.12

- **2015**

01. I saw some students engaging in the following activities at the far end of the playground.

- **March Jog, Skip Knee lift, Kick, Lounge, Jumping Jack**

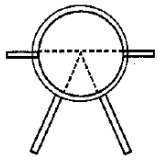
These students were engaging in

(1) jumping activities. (2) running activities.
(3) jumping and running activities. (4) basic steps.

02. Which of the following event combinations fall into the category in which the command "On your mark. Set. Go (sound of the pistol)" is given to commence the race?

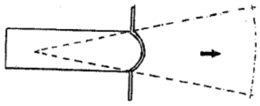
(1) 100 m, 200 m, 1500 m (2) 4x100 m relay, 4× 400 m relay, 1500 m
(3) 200 m, 4 x 100 m relay. Marathon (4) 100 m, 4 x 100 m relay, 4 x 400 m relay

03. Assume you are responsible for directing competitors of your house to the locations in which their events are held. Which competitors will you be sending to the playground in the given diagram?



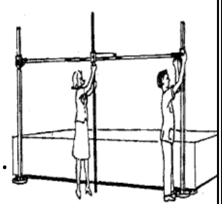
(1) Competitors taking part in shot-put (2) Competitors taking part in discus throw.
(3) Competitors taking part in shot-put and discus throw
(4) Competitors taking part in javelin throw

04. Suppose you are assigned the duty of handing over the sport equipment for each event as well. What is the sport item that you will be handing over to the playground shown in the given diagram?



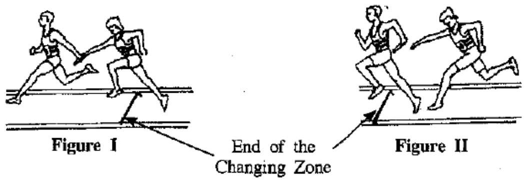
(1) Discus (2) Shot (3) Javelin (4) Hammer

05. The two officers shown the diagram are arranging the equipment required for



(1) High jump. (2) Pole vault. (3) High jump or Pole vault. (4) Hurdles.

06. The given diagrams show two ways by which the baton change is practised in a relay. Which of the following statements is correct about these baton changes?



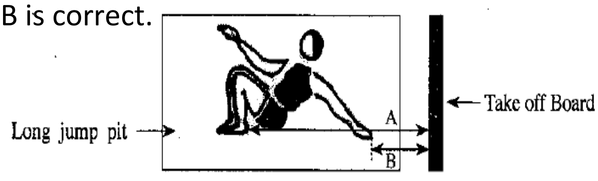
(1) The baton change in Figure I is incorrect whereas the baton change in Figure II is correct.
(2) The baton change in Figure I is correct whereas the baton change in Figure II is incorrect.
(3) Baton changes in both figures are correct.
(4) Baton changes in both figures are incorrect.

07. Which of the following statements is incorrect about a 4 x 100 m relay race in a standard 400 m track?

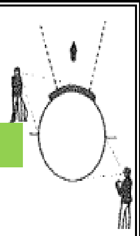
(1) The first runner should take a Crouch Start.
(2) The second runner should have the ability to run on a bend.
(3) The third runner has to run a longer distance than the first runner.
(4) The baton change should occur in the 20 m changing zone.

08. Measurements A and B of the above diagram show how two judges recorded an athlete's distance of a jump after landing. Based on the above information your conclusion is that

(1) measurement A is correct. (2) measurement B is correct.
(3) both A and B measurements are correct.
(4) both A and B measurements are incorrect.



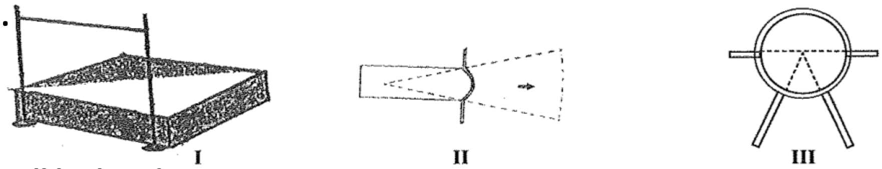
- **2016**



09. The two officials shown in the diagram are getting ready to start the

(1) discus throw. (2) javelin throw. (3) shot put. (4) hammer throw.

Three areas arranged for three events in a playground are shown in the diagram. You are provided with three measuring tapes, a discus and a javelin. Answer questions 10 and 11 using given information.



10. The equipment you will be handing over to area II is:

(1) the discus. (2) the javelin.

(3) a measuring tape and the javelin. (4) a measuring tape and the discus.

11. To which area/areas will you be sending only a measuring tape?

(1) Area I (2) Area II (3) Area III (4) Areas I and II

Use the following information on four players and their respective events to answer questions 12 and 13.

Player No.	Event/s
82	Marathon, 10 000m
67	800m
54	4 x 400m (1s runner), 400m
33	100m, 200m, 400m

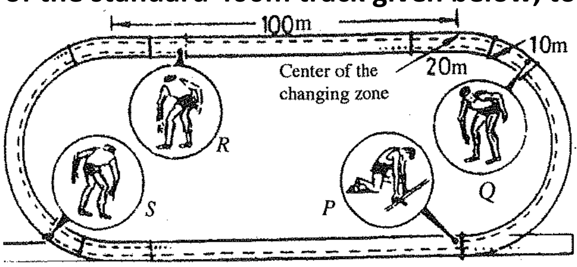
12. Which of the above players will start his/their event/events with a crouch start?

(1) No. 33 (2) No. 54 (3) No. 33 and No. 54 (4) No. 82 and No. 67

13. Which of the above players will start his/their event/events with a standing start?

(1) No. 33 (2) No. 82 (3) No. 54 and No. 82 (4) No. 67 and No. 82

Use the diagram of the standard 400m track given below, to answer questions 14 and 15.



14. The athletes P, Q. R and S shown in the diagram are getting ready to start:

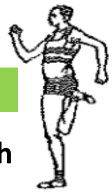
(1) a 4 x 400m relay. (2) a 4 x 200m relay.

(3) a 4 x 100m relay. (4) a medley relay.

15. Which of the following athletes will most probably have the ability to give as well as to receive the baton?

(1) P and Q (2) Q and R (3) R and S (4) S and P

- **2017**



16. The running drill shown in this diagram, which has been taught to you by your Health and Physical Education teacher is

(1) Running - A. (2) Running - B. (3) Running - C. (4) Running - D.

- Use the three command types given below to answer questions 17 and 18.

Type 1: 'On your mark', 'Go'/sound of the starting pistol

Type 2: 'On your mark', 'Get set', 'Go'/sound of the starting pistol

Type 3: 'Go'/sound of the starting pistol

17. Athlete No. 10, who is the first runner of a 4 x 400 m relay, will receive

(1) Type 1 command. (2) Type 2 command.

(3) Type 3 command. (4) either Type 1 or Type 2 command.

18. The class consisting of events that receive Type 2 command only is

(1) 10 000 m running, 4x 100 m relay start and 800m running.

(2) 4x 100 m relay start, 200 m running and 400 m running.

(3) 100 m running, 200 m running and 800 m running.

(4) 5 000 m running, 1 500 m running and marathon.

19. The sequence of the baton change between four players during a 4x 100m relay is given below.

- The first runner carries the baton in his right hand and passes it to the left hand of the second runner.
- The second runner carries the baton in his left hand and passes it to the right hand of the third runner.
- The third runner carries the baton in his right hand and passes it to the left hand of the fourth runner.

The baton change method that has been used among these athletes is the

(1) inside pass. (2) outside pass. (3) mixed pass. (4) visual change.

20. Athlete No. 60 is the tallest of a group of Athletes participating in a shot-put event. Athlete No. 50 and No. 75 are shorter than Athlete No. 80. If all other factors are the same, the athlete/s who has/ have a slight advantage over others is/are

(1) No.60. (2) No. 80. (3) No.50 and No.75. (4) No.60 and No. 80.

21. While Athlete No. 92 was attempting to complete his jump in the triple jump event, his free leg touched the ground. If you are a judge, you will

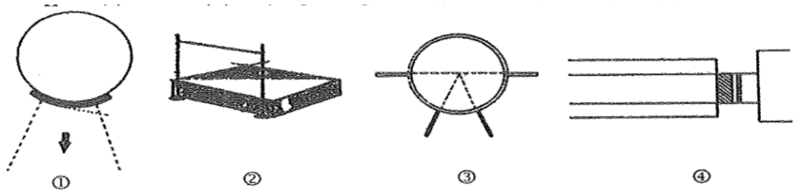
(1) mark the above jump as a 'No Jump'.

(2) mark the above jump as a successful attempt.

(3) give the above athlete an additional jump.

(4) disqualify the above athlete from the event.

- **Two duties that have been assigned to you at the school's inter-house sports meet are given below with diagrams of four competition areas. Use this information to answer questions 22 and 23.**
  - **Duties: I - Assist the judges at the long jump event**
  - **II Direct the contestants of the discus throw event to the relevant competition area**



22. To complete Duty I, you should report to

(1) competition area No. 1 (2) competition area No.2

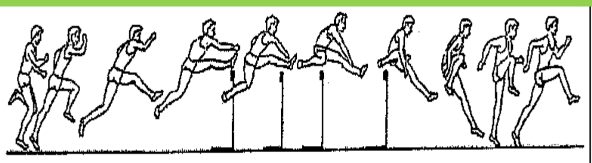
(3) competition area No. 4 (4) competition area No 4

23. The number of the competition area to which you should direct the contestants to complete Duty II is

(1) 1. (2) 2. (3) 3 (4) 4

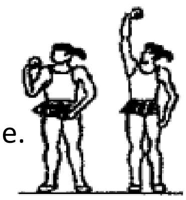
❖ 2018

24. The diagram shows



(1) a training activity of pole vault. (2) a training activity of high jump.

(3) a training activity of triple jump. (4) the stages of the hurdling technique.



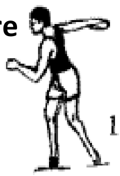
25. The athletes shown in the diagram are engaged in an

(1) activity to practise handling the shot. (2) activity to practise bowling in cricket.

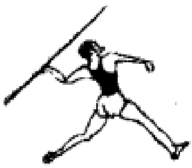
(3) activity to practise shooting in basketball. (4) activity to practise shooting in netball.

Some stages of athletes No. 18, 24 and 35 participating in throwing events are shown in the following diagrams. Answer questions 26 and 27 based on the given information.

26. Of the above athletes, the number/s of the athlete/s who can use the Parry O' Brien technique is/are



18



24



35

(1) 18. (2) 18 and 35. (3) 24 and 35. (4) 35.

27. The number/s of the athlete/s using a runway during his/their event/s is/are

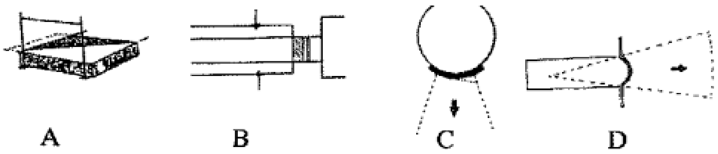
(1) 24. (2) 18 and 35. (3) 24 and 35. (4) 35.

28. Before the bar clearance of the high-jump event, athlete No. 50 completed the take-off with a single foot while athlete No. 43 used both legs for the take-off. Accordingly, it can be concluded that

(1) the jump of athlete No. 50 is successful. (2) the jump of athlete No. 43 is successful.

(3) the jumps of both athletes are successful. (4) the jumps of both athletes are unsuccessful.

Use the following diagrams of the play areas A, B, C and D to answer questions 29 and 30.



29. The play area/s corresponding to the event/s in which the athletes are not using any equipment during their event is/are

(1) A. (2) B. (3) A and B. (4) C and D.

30. The area corresponding to the event in which the athlete should leave the play area through back half following an attempt is,

(1) A. (2) B (3) C. (4) D.

31. During the 100 m sprint, when a runner hears the sound of the starter's gun, he exerts a force on the starting block using his foot. As a result, the runner is pushed forward. The reason for the above action is

(1) the reactive force generated in response to the force exerted by the athlete on the starting block is acting upon the athlete's body.

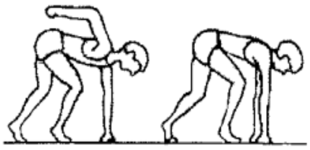
(2) the athlete exerting a larger force on the starting block

(3) the ground exerting a reactive force on the athlete's body.

(4) increases the reaction speed of the athlete.

32. During an activity to practise a technique, we placed either one hand or both hands on the ground in front of the body and quickly ran forward following the signal, as shown in the diagram.

We were practising



(1) the standing start. (2) the crouch starts.

(3) the running technique. (4) fitness component-improving exercises.

33. Two baton-changing techniques are shown in the following figures.

Select the correct statement about the above figures.

(1) Figure 1 shows the down-sweep technique whereas Figure 2 shows the up-sweep technique.

(2) Figure 1 shows the up-sweep technique whereas Figure 2 shows the down-sweep technique.

(3) Figure 1 shows the down-sweep technique whereas Figure 2 shows the mix change.

(4) Figure 1 shows the up-sweep technique whereas Figure 2 shows the mix change.

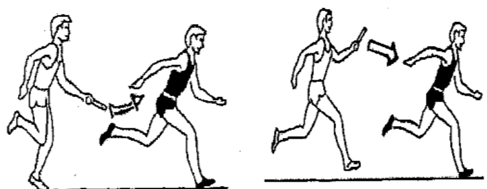


Figure 1 Figure 2

❖ 2019

34. A referee observed that the foot of an athlete participating in an event touches the ground in the order of heel, ball and toe. This athlete has been participating in

(1) race walking. (2) a 100m sprint.

(3) a long jump events. (4) a triple jump event.

35. The school relay team used the mixed change to change the baton at the 4 x 100 m relay of the sports-meet. Select the choice that describes the baton changing method used by the team.

(1) Receiving the baton with the left hand and passing it with the right hand

(2) Receiving the baton with the right hand and passing it with the left hand

(3) Receiving and passing the baton using only the left hand

(4) Changing the baton using a combination of inside pass and outside pass

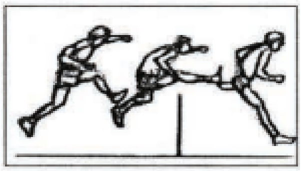
36. After his third attempt, a discus thrower left the circle through the back half before the discus touched the ground. At this instance, as a judge, you would

(1) record it as a correct throw in the result sheet.

(2) record it as a 'no throw' in the results sheet.

(3) award another attempt to the athlete. (4) disqualify the athlete.

37. A phase completed by an athlete who participated in a hurdles event is shown in the diagram. This phase is



(1) the take-off. (2) clearing the hurdle.

(3) landing. (4) running between the hurdles.

38. Consider the following track event combinations.

A - 400 m sprint, 4 x 400 m relay, 400 m hurdles

B - 1500 m running, 3000 m running, marathon running

C - 3000 m running, 5000 m running, 10000 m running

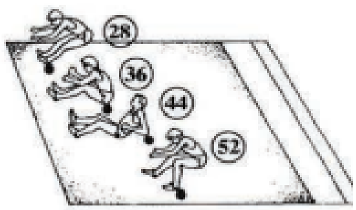
D - 100 m sprint, 200m sprint, 4 x 100m relay

Out of the above events, the event combination/s that use/s the command "On your mark, set, Go/sound of the starting gun" is/are given by the letter/s

(1) A. (2) D. (3) A and D. (4) B and C.

39. The points on which the bodies of the long jumpers No. 28, 36, 44 and 52 touched the landing area during their event are marked by ' in the diagram. Out of these players, the numbers of players who will be winning the first and second places, respectively, are

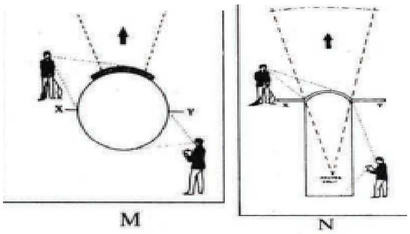
(1) 28 and 52. (2) 28 and 36 (3) 52 and 44. (4) 36 and 44



40. An athlete practised a technique that had the following phases,
Preparation →Gliding backward → Power position →Releasing → Follow through the athlete was practicing,

(1) a technique of the javelin throw. (2) a technique of the hammer throw.
(3) a technique of the discus throw. (4) a technique of the shot put.

Diagrams M and N show two play areas in which the judges are getting ready to judge two events of All Island School Games. Answer questions 41 and 42 using this information.



41. The equipment that should be used by the athletes participating in the event held in play are M is the

(1) shot. (2) discus. (3) javelin. (4) hammer.

42. The event that is judged by the two judges positioned in play area N is the

(1) discus throw. (2) shot put. (3) javelin throw. (4) hammer throw.

43. In triple jump, the landing of the 'hop' should be performed using the

(1) the take off leg. (2) the free leg.
(3) the take off leg or the free leg. (4) both legs.

❖ **2020**

44. A runner who is taking part in the 1500-meter event should take

(1) the bullet start (2) the medium start.
(3) the elongated start. (4) the standing start.

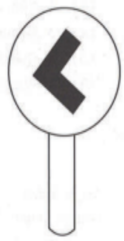
45. A starter gave the following three commands to start some events.

On your mark Get set Go/Sound of the pistol

The events that the starter could have started are

(1) 1500 m running and 200 m running.
(2) 4 x 100 m relay and 800 m running.
(3) 4 x 100 m relay and 4 x 400 m relay.
(4) 1500 m running and 3000 m running.

46. A referee showed me the Posting board given in the diagram while I was taking part in a race-walking event. He showed this to indicate that



(1) both of my feet were not in contact with the ground.
(2) one of my feet was not in contact with the ground
(3) I have bent my knees while walking.
(4) I have been disqualified from the event.

- **The following table lists some events of four female athletes. Answer questions 47-49 based on this information.**

Athlete No.	Events took part
15	Long jump, triple jump
26	High jump
37	Pole vault
48	110 m Hurdles

47. Of these female athletes, the number/s belonging to the athlete/s who has/have taken part in vertical jumps is/are

(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

48. Athlete No. 48 has taken part in

(1) a horizontal jump. (2) steeple chase.
(3) a track event (4) an obstacle run.

49. The number/s belonging to the athlete/s who has/have participated in horizontal jumps is/are

(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

- **Athletes A, B, C, and D of the 4 x 100 m relay team show the following abilities related to receiving and passing the baton. Answer question No. 50 and 51 based on this information.**

A - Good at receiving the baton B - Good at receiving and passing the baton
C - Good at passing the baton D - Good at receiving and passing the baton

50. Of these athletes, the athlete who is the most suitable to start the relay is

(1) A. (2) B. (3) C. (4) D.

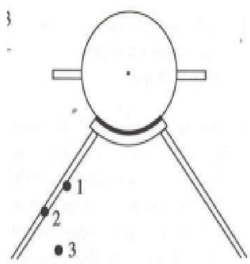
51. The athletes who are most suitable for the first and second changing zones are

(1) A and B. (2) A and C. (3) B and D. (4) C and D.

52. Denoted by 1, 2 and 3 of the following diagrams are the positions where the shot landed at the three attempts of a thrower during a shot-put event. Of these throws, the correct landing/s is/are

(1) 1 only. (2) 3 only.

(3) 1 and 3 only. (4) 1, 2 and 3.

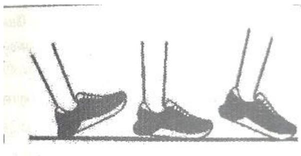


53. The combined event/s in which both male and female participants are competing is/are

(1) Pentathlon. (2) Decathlon.
(3) Pentathlon and Heptathlon. (4) Heptathlon and Decathlon.

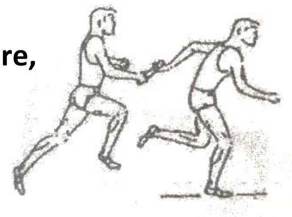
❖ 2021

54. During a Physical Education practical lesson to teach a skill, the teacher instructed to move the feet as shown in the diagram. This skill is,

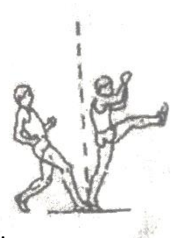


(1) the correct footwork for running.
(2) the footwork for the approach run in jumps.
(3) the correct footwork in race walking.
(4) the footwork for the approach run in the javelin throw.

55. The two main techniques that are used to start running events are,
(1) the crouch start and the medium start.
(2) the standing start and the elongated start.
(3) the crouch starts and the elongated start.
(4) the standing start and the crouch start.

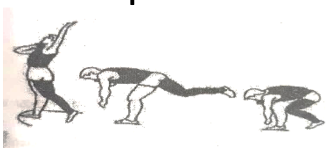


56. The baton change that occurred between the 1s and 2nd runners of a team during a 4 x 100 m relay race is shown in the diagram. This baton change is
(1) a non-visual inside pass. (2) a visual inside pass.
(3) a non-visual outside pass. (4) a visual outside pass.



57. The take-off of an athlete engaging in a jumping event is shown in the diagram. This athlete's event could most likely be
(1) long jump. (2) high jump. (3) triple jump. (4) pole vault.

58. Several steps of a stage in the linear shot-put technique is shown in the diagram. This stage is



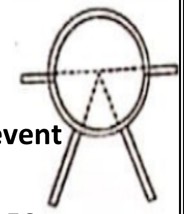
(1) the preparation. (2) gliding.
(3) the power position. (4) releasing.

❖ 2022

The following table shows how the athletes 25, 34, 46 and 58 completed their throwing events. Answer questions from 59 to 61 based on this information.

Athletes No.	**How the throw was done**
25	Throwing far above and in front of the head
34	Putting far in front of the body
46	Throwing far from besides the body
58	Throwing far above and in front of the head

59. The number/s of the athlete/athletes who has/have participated in javelin throw is/are
(1) 34. (2) 46. (3) 25 and 58. (4) 25, 46 and 58.



60. The number/s of the athlete/athletes who need/needs a shot for his/her/their event is/are

(1) 34. (2) 46. (3) 25 and 58. (4) 25, 34 and 58.

61. The number/s of the athlete/athletes who should report to the ground shown in the diagram for his/their event is/are

(1) 34. (2) 46. (3) 25 and 58. (4) 34 and 46.

62. Approach run ➞ Bar clearance ➞ Landing

The term/s suitable to fill in the above blank related to the stages of a high jump technique is/are

(1) Power position. (2) Take-off (3) Flight (4) Rotation.

63. The category of events that starts with the command 'On your marks, Go/Sound of the gun' is

(1) 100 m sprint, 110 m hurdles, 4 x 400 m relay.
(2) 1500 m running, 3000 m running. 5000 m running.
(3) 100 m sprint, 100 m hurdles. 1500 m running.
(4) 100 m sprint, 400 m running, marathon.

64. According to the classification of athletics events, 110 m hurdles, 4 x 400 m relay and steeplechase belong to the

(1) track event category. (2) short distance running event category.
(3) middle distance running event category (4) field event category.

65. An athlete has to participate in a combined event held in one day. This combined event could be

(1) decathlon. (2) heptathlon.
(3) pentathlon. (4) pentathlon or decathlon.

➢ Answers

01. 4	02. 4	03. 2	04. 3	05. 1
06. 2	07. 2	08. 2	09. 3	10. 3
11. 1	12. 3	13. 4	14. 3	15. 2
16. 3	17. 2	18. 2	19. 3	20. 1
21. 2	22. 4	23. 3	24. 4	25. 1
26. 4	27. 1	28. 1	29. 3	30. 3
31. 1	32. 2	33. 2	34. 1	35. 4
36. 2	37. 2	38. 3	39. 2	40. 4
41. 1	42. 3	43. 1	44. 4	45. 3
46. 3	47. 4	48. 3	49. 1	50. 3
51. 3	52. 2	53. 2	54. 3	55. 4
56. 1	57. 2	58. 1	59. 3	60. 1
61. 2	62. 2	63. 2	64. 1	65. 3

• RULES AND REGULATIONS 10.6 11.10

• 2015

01. When organizing a sportsmeet, discipline and fair play should be practised

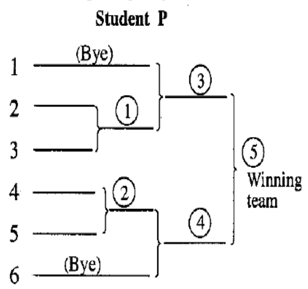
(1) before and after the sportsmeet

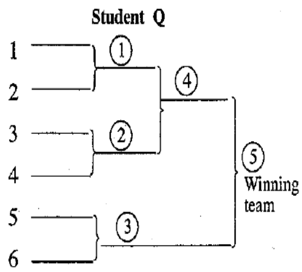
(2) before the sportsmeet and on the day of the sportsmeet.

(3) on the day of the sportsmeet and after the sportsmeet.

(4) before the sportsmeet, on the day of the sportsmeet and after the sportsmeet.

02. The diagrams show two fixtures set by two students P and Q, for a badminton tournament in which six (06) teams will be participating.





Among the fixtures provided here,

(1) P is correct.

(2) Q is correct.

(3) P and Q are correct.

(4) P and Q are incorrect.

03. Players of both the Red team and the Yellow team played well in a football game. However, Yellow team lost the game by one point. Red team left the field while celebrating their win justly, whereas the Yellow team left the field while scolding the referees.

Based on the above incident, it can be concluded that players from

(1) both teams are exceptionally talented.

(2) Yellow team should undergo further training.

(3) both teams show signs of sportsmanship.

(4) Red team show signs of sportsmanship.

04. The main objective of a school sports organization is to maintain all physical education programmes in the school at higher standards. The most suitable person for the post of the manager of the school's sports organization is

(1) the principal.

(2) the deputy principal

(3) the teacher in-charge of cricket or any other sport.

(4) the Health and Physical Education teacher.

- **2016**

05. An event that is organized annually to assess the sport skills of school children is:

(1) the inter-house sports meet.
(2) the Colours Night.
(3) the physical fitness programme.
(4) the Sports/Physical Education Day.

06. The five rings in the Olympic flag represents

(1) all athletes participating in Olympic Games.
(2) the five main events of Olympic Games.
(3) the five continents that symbolize the non-ethnic concept.
(4) colours of the National Flags of all countries.

07. You have been appointed as the selector to select the best badminton player of your house. The tournament method that you will be using for this task is:

(1) the knock-out tournament method.
(2) the league tournament method.
(3) the knock-out and league tournament method.
(4) the mix tournament method.

- **2017**

08. Study the following reasons.

A - To ensure the concept of fair play
B - To protect the rights of players
C - To ensure the safety of judges

Out of the above, the reason/s that has/have contributed to the implementation of rules and regulations in sports is/are

(1) A only.
(2) B only.
(3) C only.
(4) all A, B and C.

09. The event that was held for the first time in Olympia, Greece in 776 B.C. is

(1) Commonwealth Games.
(2) South Asian Games.
(3) Asian Games.
(4) Olympic Games.

10. In Olympic Games, a sprinter won the first place in his event. However, after being subjected to certain medical tests, his victory was annulled and he was banned from participating in sports. It was a disgrace to him as well as to his country. The above athlete may have been banned because he

(1) intentionally obstructed other athletes during his event.
(2) changed lanes during his event.
(3) consumed banned stimulants.
(4) did not to report to the event on time.

- **2018**

11. During ancient Olympics, the winners were awarded

(1) copper medals. (2) trophies.

(3) flower bouquets and medals. (4) olive branches.

12. Consider the following statements.

A - The body can be maintained at an active state for a longer period.

B - The athlete will be banned from sports.

C - The victories of the athlete will be annulled.

D - The country which is represented by the athlete will be disgraced.

Of the above statements, select the correct statements regarding the outcomes of an athlete using illegal performance-enhancing drugs.

(1) A and B (2) A and D (3) A, B and C (4) B, C and D

13. We organized a physical education programme in our school to achieve the following objectives.

- Provide opportunities for all students to take part in sports activities
- Promote unity
- Appraise the sport talents of students
- Develop the ability to accept victory and defeat realistically

The programme that we organized is

(1) the physical fitness programme. (2) the inter-house sports meet.

(3) the friendly volleyball tournament. (4) the Colours Awarding Ceremony.

- **2019**

14. When a volleyball tournament with five teams is organized using the method given in the diagram,

	A	B	C	D	E
A		AB	AC	AD	AE
B	BA		BC	BD	BE
C	CA	CB		CD	CE
D	DA	DB	DC		DE
E	EA	EB	EC	ED	

(1) all matches can be completed within a shorter period of time.

(2) the tournament can be conducted with a limited number of referees.

(3) the tournarnent can be conducted with minimum quantities

C of equipment, funds and playgrounds.

(4) the best team participated in the tournament can be selected

15. Select the statement consisting of false information about the evolution of Olympic Games.

(1) The Olympic Games were first held in 776 BC in Olympia, Greece.

(2) In the past, the winners of the Olympic Games were awarded olive branches.

(3) At the beginning, the rate of women's participation in Olympics remained at a higher level.

(4) In 1896, the Frenchman Pierre de Coubertin started the modern Olympic Games.

16. **During the 100 m event of an Olympic Games, an athlete was tested and found positive for consuming banned performance enhancers. The substance that was used for this test could be**

(1) a urine sample of the athlete. (2) a blood sample of the athlete.
(3) a saliva sample of the athlete. (4) a blood or urine sample of the athlete

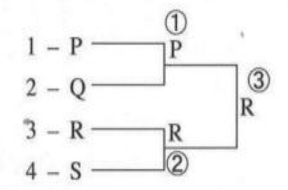
- **2020**

17. **When organizing an inter-house sportsmeet, which of the following is not a task of the main organizing committee?**

(1) Planning the events. (2) Conducting the events.
(3) Preparing all documents required for the events.
(4) Controlling all activities related to the sportsmeet.

18. **The fixture of a volleyball tournament of four teams P, Q, R and S, which was prepared after a draw among the four teams, is shown in the diagram. This draw is prepared**

(1) correctly according to the league method.
(2) incorrectly according to the league method
(3) correctly according to the knockout method.
(4) incorrectly according to the knockout method.



- **2021**

19. **When Olympic Games first started, the winners were awarded,**

(1) gold medals. (2) trophies. (3) an olive branch (4) a bunch of flowers.

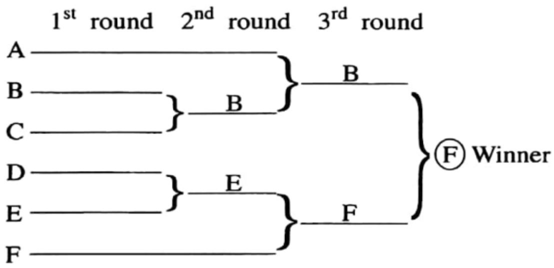
20. **An Olympic gold medalist had to face the following instances after undergoing a test.**

- Banned from participating in sports.
- Stripped off of the gold medal.
- Brought disgrace to his/her country.

The reason for these consequences could be

(1) breaking competition rules and regulations.
(2) not accepting the decision of the judge board.
(3) obstructing other players. (4) consuming banned performance-enhancing drugs.

The draw of a volleyball tournament with six teams A, B, C, D, E and F is shown below Answer questions 21 and 22 based on it.



21. **According to the draw, which of the following team/teams has/have been awarded a bye in the first round?**

(1) A (2) F (3) B and E (4) A and F

22. Which of the following is not an advantage of organizing this type of a tournament?

(1) The tournament can be organized at a low cost.

(2) Judging can be done with a few referees.

(3) The true winner can be selected.

(4) The tournament can be finished within a short time.

- **2022**

23. What is the option containing the qualities that should be possessed by an athlete with sportsmanship. out of the qualities A, B, C and D?

A - Working as a team with corporation, enthusiasm and commitment

B - Helping the opponents when needed

C- Accepting the decisions of the judge board

D - Acting with self-discipline as a spectator

(1) A and B only.
(2) A, B and C only.
(3) A. C and D only.
(4) All A, B, C and D.

24. A person who coordinates all resources of an organization to achieve its objectives and aims is called

(1) the manager.
(2) the deputy principal.
(3) the Physical Education teacher.
(4) the coordinator.

25. When a tournament is conducted using a draw prepared according to the league method, the concept of 'fair play' will evolve because

(1) it takes a long time to conduct matches.

(2) judging is done with the contribution of more umpires/referees.

(3) more grounds are used to hold matches.

(4) the true winner can be selected.

26. The organizing committee used the formula (n-1) to calculate the number of matches to be played during a tournament (n = the number of teams/players participating in the tournament). This tournament method is

(1) the knockout method.
(2) the league method.
(3) the combination method.
(4) the challenge method.

27. What is the correct statement regarding Olympic Games?

(1) Olympic Games were first started by the Frenchman Pierre de Coubertin.

(2) Women participation was not allowed in early Olympic Games.

(3) The modern Olympic Games started in 776 B.C.

(4) Winners of the modem Olympic Games are awarded with olive wreaths.

- **Answers**

01. 4	02. 1	03. 4	04. 4	05. 2	06. 3	07. 1
08. 4	09. 4	10. 3	11. 4	12. 4	13. 2	14. 4
15. 3	16. 4	17. 3	18. 3	19. 3	20. 4	21. 4
22. 3	23. 4	24. 1	25. 4	26. 1	27. 2	

• HEALTHY FOOD 10.7 AND 11.11

• 2015

01.The method you would recommend for a fisherman to preserve fish, so that he can consume them throughout the windy season is

(1) Salting and drying. (2) Making 'Ambal Thiyal
(3) Pickling. (4) Refrigeration.

02. My mother soaks green gram and other legumes in water for about 24 hours before boiling. She adds tamarind, tomatoes etc. to foods when she prepares them.
She follows the above practices with the intention of increasing

(1) Iron (Fe) absorption from foods. (2) vitamin C absorption from foods.
(3) vitamin A absorption from foods (4) iodine (1) absorption from foods.

03. The mustard seeds he bought from the grocery store were contaminated with finger millet seeds. He has bought an

(1) mixed food (2) spoiled food. (3) adultered food. (4) toxic food.

Four students who were ill were subjected to several medical tests and the results of the tests are given below (students are identified as A, B, C and D). Some symptoms that can be seen in these students are also listed.

A Suffers from anemia
B Suffers from goiter
C Suffers from vitamin A deficiency
D Suffers from diabetes

Asha has an enlarged thyroid gland. Isha has night blindness,
Nisha looks pale. Usha shows signs of frequent thirst.

Use the above information to answer questions 04-06.

04. Out of these students, 'A' can be identified as

1) Asha. (2) Nisha. (3) Ishu. (4) Usha.

05. Iodized salt consumption must be recommended for

(1) A. (2) B. (3) A and D. (4) B and C.

06. The student/s who is/are not suffering from a nutritional deficiency disorder is/are

(1) Usha. (2) Nisha. (3) Asha. (4) Usha and Asha.

• 2016

07. Raja says he cannot see clearly at night. Which of the following deficiencies could be the cause for the disease condition Raja is suffering from?

(1) Protein calorie malnutrition (2) Iodine deficiency
(3) Vitamin A deficiency (4) Iron deficiency

08. Wesmi, who is suffering from protein calorie malnutrition,

(1) does not have the right weight for his height (2) has an enlarged thyroid gland.
(3) has a weak sight. (4) frequently urinates.

09. When preparing green leaves ('malluma), my mother cooks coconut, onions and green chillies under low heat first, adds cleaned green leaves at the end, and removes the dish from heat while the bright green colour is still there. By doing so, she expects to

(1) minimize wastage of foods. (2) preserve the nutritive value of foods.

(3) make foods more colorful. (4) save time.

10. Which of the following food items is poor in nutritive value?

(1) Sambar (2) Fruit salad

(3) Mixed vegetable curry (Hath Maluwa) (4) Sausages with sauce

11. Eva is a young girl. Rama is a 20 years old boy. Hakeem is a young boy. Mary is an elderly woman. Piyadasa is a senior citizen. Which of the above persons has/have the highest iron requirements

(1) Rama and Piyadasa. (2) Eva and Mary. (3) Hakeem. (4) Eva.

- **2017**

Answer questions 12 and 13 using the following advices received by Rihanna after consulting a doctor. "It is important to consume adequate amounts of carbohydrates, fats and proteins. You should also consume enough iron, iodine, calcium, phosphorous and vitamin A. Do not forget to take folic acid tablets given at the clinic. Seek medical advice before taking medicinal drugs within the first three months. Even though you are experiencing a loss of appetite, you must consume small quantities of food at regular intervals daily."

12. According to the above information, Rihanna is

(1) an adolescent female. (2) a lactating mother.

(3) a pregnant mother. (4) a woman suffering from a disease.

13. The micro-nutrients that the doctor has advised Rihanna to take include

(1) carbohydrates, proteins, fats, iron and iodine.

(2) iron, iodine, calcium, phosphorous and vitamin A.

(3) vitamin A, calcium, phosphorous, carbohydrates and proteins.

(4) fats, proteins, iodine, calcium and folic acid.

- **2018**

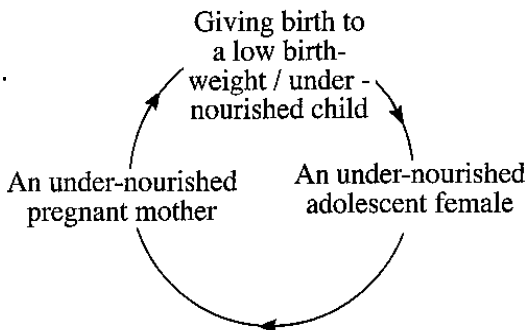
14. The following diagram shows

(1) the factors contributing to nutritional deficiency.

(2) the vicious cycle of nutritional deficiency.

(3) the outcomes of a nutrient deficiency.

(4) the micronutrient deficiency cycle.



- **Answer questions 15 to 17 based on the given information. Some foods recommended by a dietitian to overcome the nutritional deficiency conditions faced by the individuals M, N and O are given below.**

M Sea weeds, sea fish, iodized salt
N Dark green vegetables and green leaves, yellow- and orange-colored fruits, animal oils
0 Sprats, small fish, milk and milk products

15. The individual/s suffering from goitre could possibly be

(1) M and N. (2) N and O. (3) M. (4) 0.

16. The individual/s suffering from bone fractures could most likely be

(1) M. (2) N. (3) 0. (4) M. N and 0.

17. The individual/s suffering from Bitot spots in eyes could possibly be

(1) M and O (2) N and 0 (3) N. (4) 0

18. Individuals who have special nutritional needs are

(1) a pregnant mother, a lactating mother, a teacher and a housewife.
(2) an athlete, a pregnant mother, a housewife and a patient.
(3) a patient, a pregnant mother, a lactating mother and a teacher.
(4) a pregnant mother, a lactating mother, a patient, and an athlete.

- **2019**

19. Choose the correct sentence about the following statement and the reason for the statement. Statement - Foods such as onions and potatoes are stored in dark, dry and well-aerated places

Reason: To prevent fungal growth and toxin (the green pigments that can be seen in potato skin) production in potatoes and onions.

(1) The statement and the reason are incorrect.
(2) The statement and the reason correct.
(3) The statement is correct while the reason is incorrect.
(4) The statement is incorrect while the reason is correct.
From infected mother to child

20. Consider the following information.

- Ravi - A young male
- Kumari - A female adolescent
- Rifas - A patient with a low blood hemoglobin level
- Kamani - A lactating mother

Of the above individuals, the persons with the highest iron requirements are

(1) Ravi and Rifas. (2) Kumari and Kamani.
(3) Kumari and Rifas. (4) Ravi and Kamani.

- **2020**

21. All of us had crabs for lunch. After sometimes itching, rashes and red eyes were evident in my sister. The above conditions could have been developed in my sister due to

(1) a food allergy. (2) food spoilage.
(3) food adulteration. (4) food poisoning.

22. The nutrient that should be taken much by the players who are engaging in sports such as football that require more endurance compared to other players is

(1) carbohydrates. (2) proteins. (3) lipids. (4) vitamins and minerals.

- **2021**

Use the following information to answer questions 23 and 24.
Based on the information revealed at the School Medical Inspection (SMI), four students received medical advice to increase the consumption of food containing micronutrients as follows.

- Kumari - Foods rich in iodine Nadan - Foods rich in vitamin A
- Jeseema - Foods rich in calcium Christy - Foods rich in iron

23. Out of these students, the student who is most likely to be suffering from goitre is.

(1) Kumari. (2) Nadan. (3) Jeseema. (4) Christy

24. Which of the following students is more likely to have Bitot spots?

(1) Jeseema. (2) Christy. (3) Kumari, (4) Nadan

25. Some vendors add wheat flour to turmeric powder and manioc flour to wheat flour. This will

(1) increase food safety. (2) minimize food poisoning.
(3) reduce food quality and result in food adulteration. (4) minimize food allergies

- **2022**

Use the following information to answer questions 26 and 27.
John, who goes home late after finishing work, often cats two Chinese rolls, a cutlet and fried potato chips with sauce for his dinner and drinks a bottle of cola drinks. He consumes ice cream for dessert.

26. What is the most accurate statement about John's dinner?

(1) consumption of such meals should be minimized as they contain excessive amounts of salt and fats.
(2) consumption of such meals should be minimized as they contain excessive amounts of salt and sugar.
(3) consumption of such meals should be minimized as they contain excessive amounts of sugar and fats
(4) consumption of such meals should be minimized as they contain excessive amounts of sugar, salt and fats.

27. The disease conditions that John could most likely be suffering from due to the consumption of such foods as a habit include

(1) diabetes and syphilis. (2) diabetes and heart diseases.

(3) chickenpox and measles. (4) cancer and thalassemia.

28. The indigenous flavoring agents that could be used to enhance the taste and the quality of foods include.

(1) ginger, cinnamon, soup cubes, rampe and soy sauce.

(2) curry leaves, cinnamon, rampe, ginger and garlic.

(3) garlic, turmeric, soup cubes, curry leaves and rampe.

(4) turmeric, garlic, ginger, curry leaves and soy sauce.

- **Answer**

01. 1	02. 1	03. 3	04. 2	05. 2
06. 1	07. 3	08. 1	09. 2	10. 4
11. 4	12. 3	13. 2	14. 2	15. 3
16. 3	17. 3	18. 4	19. 2	20. 3
21. 1	22. 1	23. 1	24. 4	25. 3
26. 4	27. 2	28. 2		

• SYSTEMS 10.8

• 2015

01. "I'm made of soft tissues which make up the lungs. I play a major role in gas exchange during respiration." I am

(1) the trachea. (2) the nose (3) a capillary (4) an alveolus.

02. A runner starts his event immediately after he hears the 'sound of the pistol'. Which of the following systems will contribute to the above activity first?

(1) Muscular system (2) Skeletal system

(3) Nervous system (4) Respiratory system

03. Which of the following bad habit/s will directly cause harmful effects to the system you chose in the above question no. 02?

(1) Increased time of sleep (2) Lack of exercise

(3) Consumption of food containing salt, sugar and fats in excessive amounts.

(4) Alcohol consumption and smoking

04. John, who always shows signs of anxiety, has the habits of smoking and consuming alcohol. He prefers to eat high-acid, high-fat and spicy foods and skips meals. John is suffering from a disease condition. John would most likely be suffering from

(1) diabetes. (2) oral cancer.

(3) constipation. (4) gastritis.

- **2016**

05. The food that you ingest will be digested in the stomach and the small intestine. The digested food will be absorbed in the small intestine, and the remains will pass through the ileum and enter me. While passing through me in a peristaltic motion, excess water and minerals will be re-absorbed. I am

(1) the duodenum. (2) the small intestine
(3) the large intestine (4) the rectum.

- **2017**

Use the following information to answer questions 06 and 07.
Nisham, who was leading an unhealthy lifestyle, was hospitalized following a sudden chest pain. According to the views of doctors, he was suffering from a heart disease.

06. The system that has a direct involvement with the disease condition that Nisham contracted is

(1) the digestive system. (2) the respiratory system.
(3) the excretory system. (4) the circulatory system.

07. Consider the following functions.
P - Carrying oxygen from lungs to body cells and carrying carbon dioxide produced within the cells to lungs
Q - Carrying nutrients from digested food to body cells and taking away waste materials produced within the cells
R - Protecting the body from diseases by destroying the harmful causative agents entering the body from the above, the major functions of the body system that is directly involved in Nisham's disease condition are

(1) P and Q only. (2) P and R only.
(3) Q and R only. (4) all P, Q and R.

- **2018**

08. The removes carbon dioxide gas which is a waste product, during exhalation, whereas the removes ammonia, urea and uric acid which are nitrogenous wastes. The most suitable words to fill in the blanks of the above sentence, in the correct order, are

(1) excretory system and respiratory system.
(2) respiratory system and excretory system.
(3) circulatory system and excretory system
(4) respiratory system and circulatory system.

09. What is the appendage that closes the larynx when swallowing food?

(1) Trachea (2) Pharynx (3) Epiglottis (4) Pleura

- **2019**

Use the following information to answer questions 10 and 11.
Sanduni, who is frequently consuming large amounts of fats, sugar and salt, never engages in exercises.

10. The colour of the zone to which Sanduni belongs in the Body Mass Index (BMI) chart could most likely be

(1) orange. (2) light purple.
(3) green. (4) light purple or dark purple.

11. According to the above information, the disease condition that could most likely affect Sanduni is

(1) appendicitis. (2) tuberculosis. (3) diabetics. (4) cirrhosis.

12. Consider the following characteristics.

- Consist of elastic wall
- Urine is stored in the inside space
- Urine is passed when the walls are contracted

The human organ's that possess the above-mentioned characteristics is/are

(1) kidneys. (2) nephrons. (3) the bladder. (4) the urethra.

13. The chest cavity expands due to contraction of the diaphragm and intercostal muscles. As a result. the air pressure within the chest cavity falls below the atmospheric pressure. Consequently, the atmospheric air enters the lungs. This process is named as,

(1) respiration. (2) air exchange (3) inhalation. (4) exhalation.

14. For a successful growth, the zygote formed after an ovum being fertilized by a sperm, must be deposited in the

(1) ovary. (2) Fallopian tube. (3) uterus. (4) cervix.

- **2020**

15. What is the tube in which food travels from mouth to stomach by peristaltic movements during the digestion process?

(1) Duodenum (2) Oesophagus (3) Small intestine (4) Large intestine

- **2021**

16. Several facts that were included in a handout prepared by a medical doctor to educate a patient are given below.

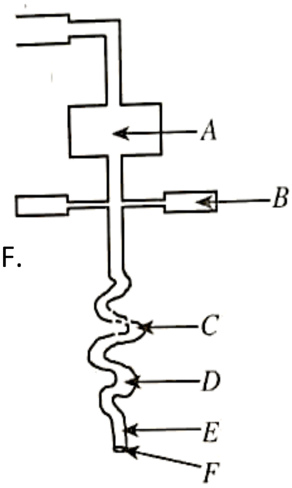
- The outword appearance becomes less attractive due to the discoloration of lips, teeth and nails, causes sexual dysfunction, Causes oral, oesophageal and lung cancers,
- Increases the risk of dying from heart attacks.

A regular habit of this patient could be,

(1) practising unsafe sex with many people. (2) consuming foods rich in sugar, salt and fats.
(3) not engaging in exercises regularly. (4) consuming alcohol and smoking.

• 2022

Answer questions from 17 to 20 based on the following sketch showing the organs of the digestive system.



17. The organ denoted by letter A is

(1) the stomach. (2) the liver.
(3) the pancreas. (4) the oesophagus.

18. The letter that indicates the small intestine is

(1) C. (2) D. (3) E (4) F.

19. The juice secreted from the organ denoted by letter B is

(1) mucus. (2) gastric juice.
(3) pancreatic juice. (4) intestinal secretion.

20. A disease that could occur in the system shown in the diagram is

(1) tuberculosis. (2) gastritis.
(3) paralysis. (4) syphilis.

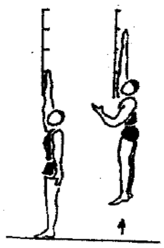
➢ Answer

01. 4	02. 3	03. 4	04. 4
05. 3	06. 4	07. 4	08. 2
09. 3	10. 4	11. 3	12. 3
13. 3	14. 3	15. 2	16. 4
17. 1	18. 1	19. 3	20. 2

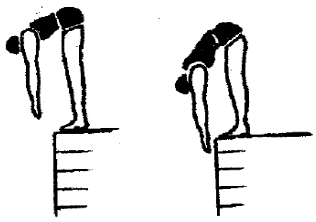
• FITNESS 10.9.1 AND 11.14

• 2015

01. The major physical fitness qualities that are measured using the techniques shown in figures 'a' and 'b' are



'a'



'b'

(1) 'a': Coordination 'b': Agility
(2) 'a': Agility; 'b': Coordination
(3) 'a': Strength of the leg; 'b': Flexibility
(4) 'a': Flexibility; 'b': Strength of the leg

* **2016**

02. A football goal-keeper played skillfully by watching the ball coming onto him and instantly changing his posture. Accordingly, the fitness factor that is most likely to be developed in him, which helps him to perform the above task is,

(1) agility. (2) balance. (3) speed. (4) power.

03. Comments made by three students A, B and C on body composition are given below.

A Body composition refers to a collection of components such as water, proteins, fats, minerals etc. that make up the body.

B Activities such as taking a balanced diet, engaging in aerobic exercise for at least 30 min per day and avoiding alcohol and drugs, should be followed in order to maintain the right body composition.

C Body composition plays an important role in maintaining health-related physical fitness.

According to above information;

(1) A's comment is correct and B's comment is incorrect.

(2) B's comment is incorrect and C's comment is correct.

(3) C's comment is incorrect and B's comment is correct.

(4) Comments of A, B and C are correct.

04. I observed the following activities while having my usual walk on Saturday morning.

-Some were walking briskly while some were jogging.

-Some were busy with gardening.

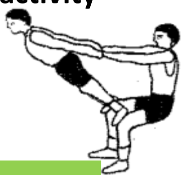
Which of the following physical fitness components will be developed by engaging in the above-mentioned activities?

(1) Cardio-muscular endurance (2) Muscular endurance

(3) Muscular energy (4) Flexibility

* **2018**

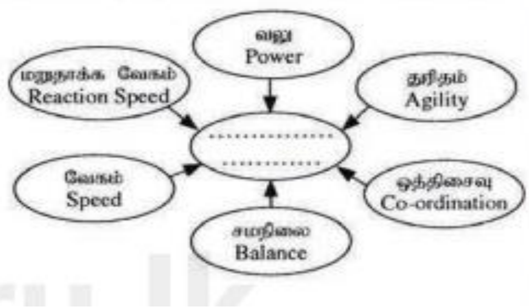
05. The most important fitness component required to perform the gymnastic activity shown in the diagram is



(1) agility. (2) speed. (3) balance. (4) reaction speed.

* **2019**

06. Select the choice with correct words to fill in the blank in the given diagram.



(1) Health-related physical fitness components

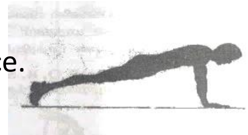
(2) Fitness components related to motor skills

(3) Body composition-related physical fitness components

(4) Muscular strength-related physical fitness components

- **2021**

07. An athlete engaging in push-ups to develop a health-related physical fitness component is shown in the diagram. The fitness component that will be mostly developed in him by engaging in this activity is,



(1) respiratory fitness/cardiovascular fitness. (2) muscular endurance.
(3) muscular strength. (4) flexibility.

08. Out of the following pairs of sports, select the pair that requires the highest level of hand-eye coordination.

(1) Badminton and chess (2) Badminton and table tennis
(3) Cricket and carrom (4) Checkers and hockey

09. a, b. c and d below denote different instances in sports.

a 100 m sprint, 4 x 100 m relay
b - Approach run in long jump
c - Moving pieces to relevant places in chess d - Running between wickets in cricket

Select the instances in which speed becomes important in sports.

(1) a and d (2) b and d. (3) a, b and d (4) a, b, c and d

- **Answer**

1. **3**	2. 1	3. 4	4. 1	
5. 3	6. 2	7. 3	8. 2	9. 3

- **PSYCHO SOCIAL AND INTER PERSONAL RELATIONSHIP 10.9.2 AND 11.15**

- **2015**

01. All villagers appointed Raja as the chief organizer of the Sinhala and Hindu New Year Festival of the village Raju organized this event successfully because he managed to get the support of villagers representing all races and religions.
From the above information, it can be concluded that Raja is

(1) a person with empathy. (2) a person having well-developed inter-personal relationships
(3) a creative thinker. (4) a person with self-understanding.

02. Students stood in a semi-circle in front of the teacher with their hands in front. Students were instructed to act in opposite ways bringing their hands closer in response to the command "Big Fish", and moving their hands apart in response to the command, "Small Fish". Even though the rate of giving the commands was increased the students were expected to follow them accurately and the students who failed to follow the commands, and those who were slow to respond, were removed from the game.

Which of the following skills will be mostly developed by engaging in the above activity?
(1) Muscle movement and inter-personal relation.
(2) Quick decision-making skills and communication skills.
(3) Correct decision-making skills and inter-personal relation.
(4) Correct decision-making skills and quick decision-making skills.

- **2016**

03. Nade plays chess. Rifka plays checkers. Ama plays Elle. Which of the above players are engaging in games that are more focused towards developing mental skills?

(1) Nadee and Ama
(2) Ama and Rifka
(3) Nadee and Rifka
(4) Nadee, Ama and Rifka

- **2020**

04. When Cheka saw an elderly person who could not cross the road by himself, realizing his need she quickly went to him and helped him to cross the road. The quality of Cheka that was evident at this incident is

(1) empathy.
(2) sympathy.
(3) kindness.
(4) sensitivity.

- **2021**

05. Raja is a student who is scared and angry at all times. He never seems to be happy. Accordingly, which of the following sentences is most suitable to describe him?

(1) He is a person with imbalanced emotions.
(2) He is a selfish person.
(3) He is an aggressive person.
(4) He dislikes other people.

06. When cleaning our classroom, Niroopa works together with all others. Fathima works together with her group members. Shivam works only with his three friends. Out of them, the person/persons with the best inter-personal skills is/are,

(1) Fathima.
(2) Niroopa.
(3) Niroopa and Fathima.
(4) Shivam, Fathima and Niroopa.

07. A social change that could be observed in Meena who is in Grade 11 is,

(1) preferring to work independently.
(2) showing creativity.
(3) quickly responding to feelings such as anger and joy.
(4) associating with opposite sex.

- **2022**

08. A feature that cannot be observed in a person with psycho-social well-being is.

(1) contributing to society in a good way.
(2) having difficulties to cope up with mental stress.
(3) having the ability to manage emotions.
(4) having the ability to solve problems successfully.

➢ **Answer**

1. 2	2. 4	3. 3	4. 1
5. 1	6. 2	7. 4	8. 2

• MUSCULAR SYSTEM 11.13

• 2015

01. When a player lifts a weight using the elbow joint as shown in the diagram, his arm works as (a)



(1) type I lever. (2) type II lever.

(3) type III lever. (4) both type I and type III levers.

• 2016

02. Which of the following athletes uses anaerobic respiration to produce energy throughout his event?

(1) A 100m runner (2) A marathon runner

(3) A 10 000m runner (4) A 5 000m runner

03. The gymnast in the diagram stands on her feet so that her entire body weight is on her toes. Her body acts as:



(1) a Type I lever. (2) a Type II lever.

(3) a Type III lever. (4) both Type II and Type III levers.

04. In our cricket team, Anjelo is bowling and Mahela is batting. Dilshan takes a catch while Kumar is wicket keeping, the shoulder joint of which of the above players will act as a ball-socket joint during the game?

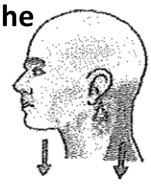
(1) Mahela (2) Dilshan (3) Anjelo (4) Kumar

• 2017

05. When a volleyball player is blocking the ball which is above the net after a hit by the opposing team, his wrist joints work as a

(1) ball and socket joint. (2) hinge joint.

(3) pivot joint. (4) gliding joint.



06. When the head is positioned straight as shown in this diagram, the head and the neck act as

(1) a Type I lever. (2) a Type II lever.

(3) a Type III lever. (4) Type II and Type III levers.

• 2018

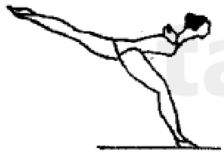
07. The reason behind the wide range of movements that can be seen in the arm of a discus thrower is

(1) the humerus, which is long and strong.

(2) the strong scapula.

(3) the ball and socket joint between the humerus and the scapula.

(4) the strong biceps and triceps muscles.



08. The landing foot of the gymnast shown in the diagram is acting as

(1) a Type I lever.   (2) a Type II lever.

(3) a Type III lever.   (4) Type I and Type II levers.

- **2019**

09. When an athlete extends his right arm at the elbow joint to release the shot, his elbow joint works as a.

(1) ball and socket joint.   (2) hinge joint.

(3) pivot joint.   (4) gliding joint.

10. Consider the following information.

- Glucose $\xrightarrow{O_2}$ Carbon dioxide + water + energy
- Fatty acid $\xrightarrow{O_2}$ Carbon dioxide + water + energy

The events that predominantly use the energy system denoted by the above equations to produce energy are,

(1) 400 m running and 1500m running   (2) 100 m sprint and 800m running

(3) 10000 m running and marathon.   (4) 100 m sprint and 200m sprint.

- **2020**

11. A sprinter starts running forward in response to the sound of the pistol. The major organ systems that contribute to this action are

(1) muscular, skeletal, and respiratory systems.

(2) nervous, muscular, and circulatory systems.

(3) muscular, skeletal, and circulatory systems.

(4) nervous, muscular, and skeletal systems.

12. While engaging in a physical activity, an athlete rotates his arm 360 degrees at the shoulder joint. Accordingly, his shoulder joint acts as a

(1) hinge joint.   (2) pivot joint.

(3) ball and socket joint.   (4) gliding joint.



13. The supporting leg of the ballet dancer shown in the diagram acts as

(1) a Type I lever.   (2) a Type II lever.

(3) a Type III lever.   (4) Type I and Type II levers

- **2021**

14. The systems providing the major contribution during the forward march following a command in a march-past are,

(1) skeletal and muscular systems.   (2) muscular and nervous systems.

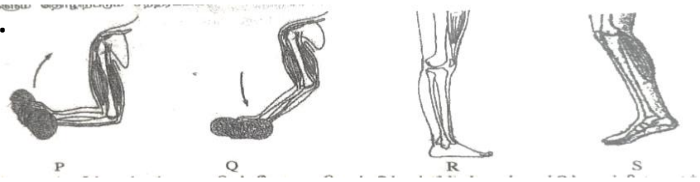
(3) skeletal, muscular and nervous systems   (4) skeletal, muscular and excretory systems.

15. During an exercise, which of the following compounds is broken down to produce energy for muscle contraction?

(1) Adenosine triphosphate (ATP)   (2) Adenosine diphosphate (ADP)

(3) Creatine phosphate (CP)   (4) Glucose

16. The diagrams denoted by P, Q, R and S indicate how hands and legs work during several instances when engaging in sports.



What is the letter that indicates an occasion where it works as a type III lever?

(1) P   (2) Q   (3) R   (4) S

- **2022**

17. The system that is most important to maintain the straightness of the body is

(1) the muscular system.   (2) the nervous system.

(3) the blood circulatory system.   (4) the skeletal system.

18. When a fast bowler, bowls a ball to a batsman by completely turning his arm at the shoulder joint. the movement angle at the ball & socket joint of the bowler's arm is

(1) 45°   (2) 90   (3) 180   (4) 360°.



19. Of the runner shown in the diagram. the leg on the ground acts as

(1) a type I lever.   (2) a type II lever.

(3) a type III lever.   (4) type II and III levers.

➢ **Answer**

01. 3	02. 1	03. 2	04. 3
05. 4	06. 1	07. 3	08. 2
09. 2	10. 3	11. 4	12. 3
13. 2	14. 3	15. 1	16. 1
17. 4	18. 4	19. 2	

- **SEXUAL TRANSMITTED DISEASES 11.17**

- **2015**

Methods by which a certain disease can infect a healthy person are shown in the diagram below. Use the diagram to answer questions 01 and 02.

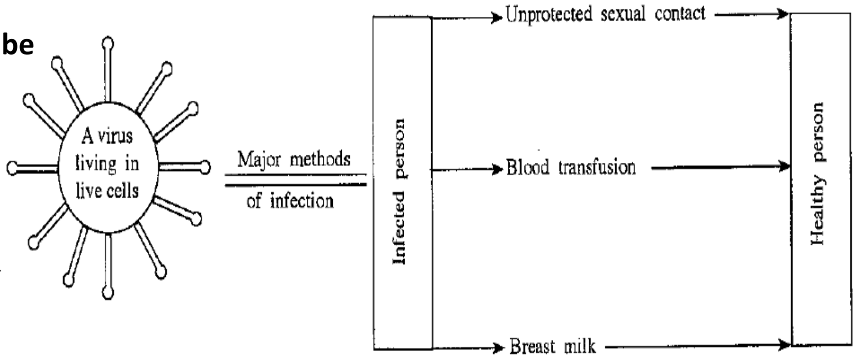
01. This disease could probably be

(1) Genital Herpes.

(2) HIV/AIDS.

(3) Syphilis.

(4) Gonorrhea.



02. The most dangerous condition about this disease is

(1) the causative agent can live only in living cells.

(2) the causative agent can enter the body through blood transfusion.

(3) an infected person can lead a normal life without showing any symptoms for a long time,

(4) there are no methods to control this disease condition.

- **2016**

03. I am a virus that can live only in living cells. After entering your body, I can destroy your immune system. I am the,

(1) dengue virus. (2) HI virus.

(3) Herpes virus. (4) Human Papiloma virus.

04. Ravi is an HIV-infected student. John and Ravi are classmates. Ravi and John play together, share the same water bottle, and use the same toilet facilities. According to the above description,

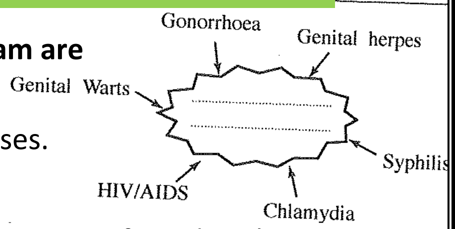
(1) John will undoubtably become an HIV-infected person.

(2) John will not become an HIV-infected person.

(3) John may be infected with HIV.

(4) we cannot be certain whether John will become an HIV-infected person or not.

- **2017**



05. The most suitable words to fill in the blank of the above diagram are

(1) Nutritional Deficiencies. (2) Communicable Diseases.

(3) Non-communicable Diseases. (4) Sexually Transmitted Diseases.

06. Select the incorrect statement.

(1) A large number of people in the society are unaware that they are infected with HIV because it takes a long time for symptoms to manifest.

(2) HIV can be present in semen of an infected male and vaginal secretions and breast milk of an infected female.

(3) HIV can be transmitted via saliva, tears, and sweat of an infected person.

(4) Testing for HIV is done at all venereology clinics in government hospitals island-wide free of charge while maintaining confidentiality.

- **2018**

07. I can survive in blood, breast milk and sexual secretions of an infected individual, but I cannot survive in a normal environment. The disease condition that results from being infected by me is

(1) Gonorrhoea (2) Chlamydia. (3) Syphilis. (4) AIDS.

- **2019**

08. Several methods by which a certain disease can be spread are listed below.

From unsafe sexual intercourse (homosexual or heterosexual)

From blood transfusion

From infected mother to child

From unsterilized syringe needles

The disease condition that could be spread from all of the above methods is

(1) Gonorrhea. (2) Syphilis. (3) HIV/AIDS, (4) Genital warts.

Several statements about preventing the transmission of Dengue are given below under letters K, L, M and N.

K - We all have a duty to take actions to prevent the transmission of Dengue

L- The transmission of Dengue can be prevented by destroying water-accumulating areas

M - The transmission of Dengue can be prevented by keeping the environment clean

N - Health Department is solely responsible for preventing the transmission of Dengue

09. Of the above statements, the correct statements are

(1) K, L and M. (2) K, L and N. (3) L, M and N. (4) K, L, M and N.

- **2020**

10. A person is suffering from the following symptoms.

- Difficulty in breathing, High fever, Dry cough, Painful itching of throat, Runny nose, Dry throat

The above person could be suffering from

(1) whooping cough. (2) COVID-19. (3) Tuberculosis. (4) Diphtheria.

11. The most important action that should be taken to prevent the spread of Dengue fever is

(1) destroying mosquito breeding grounds.

(2) using mosquito nets and mosquito repellents.

(3) fumigating the home garden and the environment.

(4) wearing clothes that cover the body.

12. Several non-communicable diseases are listed in the following diagram.

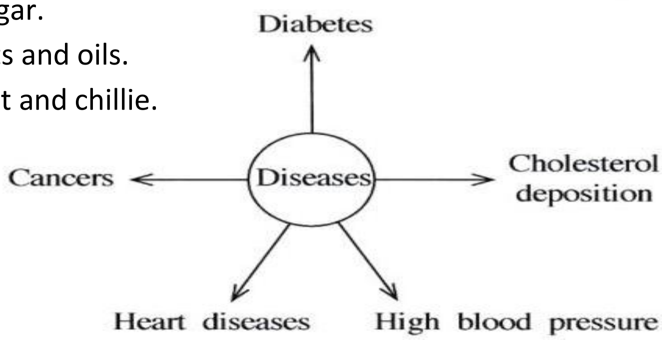
The major cause for contracting the above-mentioned diseases is,

(1) excessive consumption of food rich in sugar.

(2) excessive consumption of food rich in fats and oils.

(3) excessive consumption of food rich in salt and chillie.

(4) careless lifestyle.



13. Some information about a certain disease is given below.

- **This disease weakens the immune system.**
- The infection can be detected using ELISA and Western Blot tests.
- The infection is caused by a virus growing only in living cells.

This disease could be

(1) genital warts. (2) HIV/AIDS. (3) gonorrhea. (4) syphilis.

- **2022**

14. X, who is an HIV-infected person living in an area with a large mosquito population, shares his room with his two friends Y and Z. These three persons use the same toilet and the telephone and share their clothes. Only Z uses a mosquito net when he sleeps.

According to this information, which of the following statements is correct?

(1) Only Y could be infected with HIV. (2) Only Z could be infected with HIV.

(3) Both Y and Z could be infected with HIV. (4) Both Y and Z will not be infected with HIV.

➢ **Answers**

01. 2	02. 3	03. 2	04. 2	05. 4	06. 3	07. 4
08. 3	09. 1	10. 2	11. 1	12. 4	13. 2	14. 4

- **CHALLENGES 10.10**

- **2016**

01. A few suggestions made during a discussion on prevention of road accidents is given below.

P - Drivers and pedestrians should be properly educated.

Q Drivers should be educated and actions should be taken to minimize defects in vehicles.

R - Actions should be taken to minimize defects in roads and vehicles.

S - Drivers and pedestrians should be educated and actions should be taken to minimize defects in roads and vehicles.

Which of the above suggestions is the most suitable suggestion?

(1) P (2) Q (3) R (4) S

02. Some steps that should be followed when giving first aid to a burn victim are listed below.

a - Keep the burnt part under running water immediately.

b - Remove the materials adhered to the wound.

c - Remove jewelry before the wound swells.

d - Dress the wound.

e - Apply cotton wool on the wound and cover with a plaster.

Take the victim to a hospital immediately. The steps that should not be followed in giving first aid are included in which answer choice?

(1) b,e (2) a,b,f (3) b,c,d (4) a,c.d,f

- **2017**

Use the following incident to answer questions 03 and 04

headache "Today is a hot day. Wimal who was playing continuously sweated excessively. He had a headache and dizziness and fainted. He said his leg muscles were cramped."

03. Wimal has been subjected to

(1) a snake bite (2) a burning injury.

(3) electrocution. (4) dehydration.

04. The above condition may have happened because Wimal

(1) did not do warm-up exercises.

(2) did not do cool-down exercises.

(3) lost body fluids and electrolytes as a result of excessive sweating.

(4) did not consume a nutritious breakfast.

- **2019**

Use the following information to answer questions 05 and 06.

Several steps that should be followed when giving first aid for a sprained ankle are given below as A, B, C and D.

A - Apply ice wrapped in a cloth on the injured area from time to time.

B - Keep the injured area slightly elevated above the level of the heart.

C- Apply a slight pressure on the injured area.

D Keep the patient at rest.

05. Select the choice that gives the correct order of steps that should be followed in this first aid procedure.

(1) D→A →B→C (2) DC→ A → B

(3) D B→A→ C (4) D→A→ C→B

06. Another injury type that could be treated with the above first aid procedure is

(1) an open bone fracture (2) a closed bone fracture

(3) a joint dislocation. (4) a muscle sprain.

- **2020**

07. As a trained first-aider, the first thing that you breathing difficulties would be, should do when you come across a patient with

(1) taking the patient to the nearest hospital.

(2) bringing a doctor immediately.

(3) taking actions to get the assistance of neighbors.

(4) giving artificial respiration according to the correct procedure.

- **2021**

08. The procedure followed by a first-aider to give first aid to a patient is given below.
Allow the patient to lie down and keep his/her legs slightly above the ground level.
Loosen the patient's tight-fitting clothes, remove the crowds gathered around him/her and provide ventilation.
Help the patient to sit when he/she is recovered.
Accordingly, the above-mentioned patient could have been suffering from which of the following conditions?

(1) A shock (2) Fainting (3) A heart disease (4) Epilepsy

Answer the questions 09 and 10 based on the following incident.
When we were playing, my younger brother and elder sister tripped on each other's legs and fell and as a result, my younger brother had a sprained ankle and my elder sister had a scratch on her knee after hitting on a rock.

09. According to the above incident, we can conclude that

(1) my sister's knee has suffered an external injury whereas my brother's ankle has suffered an internal injury.
(2) my brother's ankle has suffered an external injury whereas my sister's knee has suffered an internal injury.
(3) my sister and brother have suffered internal injuries.
(4) my sister and brother have suffered external injuries.

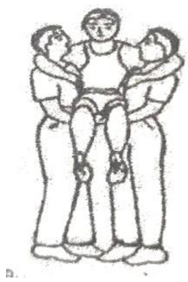
10. The stages of a procedure that was followed to give first aid to my brother's accident is given below as (a), (b), (c) and (d). Select the answer choice that has the correct order of stages.

(a) - Apply ice around the ankle as required, from time to time.
(b) - Rest the ankle of the injured leg.
(c) - Bandage the area around the ankle.
(d) - Keep the leg slightly above the heart so that the ankle is slightly elevated.

(1) (a), (b), (c) and (d). (2) (b), (a), (d) and (c).
(3) (b). (a), (c) and (d). (4) (d), (a), (c) and (b).

11. The diagram shows how a patient who has had an accident is carried away. This patient is,

(1) a patient with a spine injury.
(2) a patient with a dislocated shoulder.
(3) a patient who is fainted and unconscious.
(4) a patient with a sprained ankle.



- **2022**

Several wrong actions leading to road accidents are listed below. Answer question 12 based on them

Not following road signs
Walking in the dark
Walking on the road in groups
Walking on the left side of the road
Throwing wastes to the road

12. All these wrong actions could occur due to

(1) negligence of pedestrians. (2) negligence of drivers.
(3) weaknesses of the road. (4) the inefficiency of the relevant departments.

13. Select the correct option about the statement and the reason given below.

Statement It is suitable to give first aid when needed, even without having proper knowledge and training.

Reason Giving first aid without training could worsen the condition of the injured person.

(1) The statement and the reason are correct.
(2) The statement and the reason are incorrect.
(3) The statement is correct and the reason is incorrect.
(4) The statement is incorrect and the reason is correct.

- **Answer**

1. 4	2. 1	3. 4	4. 3	5. 4	6. 4	7. 4
8. 2	9. 1	10. 3	11. 4	12. 1	13. 4	

- **COMMON**

- **2015**

Study the following pairs of incidents A, B, C, D and answer the questions 01 and 02.

First Incident	Second Incident
A-Taking precautions to avoid the formation of stagnant water bodies.	Spreading of Dengue vectors.
B Brushing teeth appropriately using a proper tooth brush after each meal.	Preserving the wonders of teeth.
C- Refraining from alcohol consumption and smoking	Suffer from undesirable health conditions.
D Exclusive breast feeding the child in the first six months	Improved health conditions of the child.

01. The pair of incidents of which the increase of the first influence the decrease of the second is

(1) A. B. (2) A, C (3) B. C. (4) B. D.

02. The pair of incidents of which the increase of the first influences the increase of the second is

(1) A, B. (2) A. C. (3) B. D. (4) C. D.

- **2016**

Study the following pairs incidents K. L. M. N and answer questions 03 and 04.

K - Engaging in warm-up exercises
Minor injuries to muscles and bones during exercises

L - Doing a higher number of push-ups
An improvement in muscular endurance

M - Lactic acid accumulation in muscle
Development of muscle fatigue

N - Resistance from wind during throwing events
Distance travelled by the throwing apparatus

03. The pair of incidents of which the increase of the first results in an increase of the second is:

(1) K, L. (2) L, M. (3) K, N. (4) M, N.

04. The pair of incidents of which the increase of the first results in a decrease of the second is:

(1) K, L. (2) K, N. (3) L, M (4) M, N.

05. Which of the following sports festivals was held in a grand scale Rio de Janeiro, Brazil in August 2016?

(1) Football World Cup (2) Cricket World Cup
(3) Olympic Games (4) Commonwealth Games

Answer the questions 06 and 07 based on the event pairs M. N. O. P given below.

M - Meditation, playing a game, Doing Yoga exercises
Mental stress

N - Avoid alcohol, drugs and smoking
Ability to lead a healthy life

O - Developing inter-personal skills
Psycho-social well being

P - Sitting in one place for a longer time, watching the television and playing computer games
Ability to maintain an active life style

06. The pair of events of which the increase of the first results in the decrease of the second is

(1) M, O. (2) M, P (3) N, O. (4) O, P.

07. The pair of events of which the increase of the first results in the increase of the second is

(1) M, N. (2) M, O. (3) N, P. (4) N, O.

- **2017**

Answer questions 08 and 09 studying the pairs of events A, B, C and D given below.

A - Identifying and controlling the human activities that cause landslides
Prevention of accidents resulting from landslides

B - Developing positive inter-personal relationships
Occurrence of problems related to mental stress

C - Adopting proper waste management practices
Spreading of Dengue fever

D - Not limiting sexual relationships to only one trusted partner
Contracting diseases related to the reproductive system

08. The pairs of events of which the increase of the first results in the increase of the second are

(1) A and B. (2) A and D. (3) B and C. (4) C and D.

09. The pairs of events of which the increase of the first results in the decrease of the second are

(1) A and B. (2) A and D. (3) B and C. (4) C and D.

Answer questions 10 and 11 based on the pairs of events A, B, C and D given below.

A - Use of improper sports equipment
Occurrence of sport-related injuries

B - A player maintaining a good reaction speed
Possibility to win competitions

C - Engaging in Yoga exercises
Mental stress development

D - Development of flexibility in an athlete
Hindrance of joint movements

10. The pairs of events of which the increase of the first results in the increase of the second are

(1) A and B (2) A and C. (3) B and D. (4) C and D.

11. The pairs of events of which the increase of the first results in the decrease of the second are

(1) A and B. (2) A and D. (3) B and C (4) C and D.

- **2018**

Answer questions 12 and 13 based on the pairs of events A, B, C and D given below.

A - Abstaining from alcohol consumption and smoking
Risk of heart diseases and sexual impotence

B - Taking decisions with responsibility and critical thinking
Winning the challenges successfully

C - Education being competitive and exam-centred
Causing mental stress to students

D - Limiting the consumption of junk food and carbonated sweetened drinks
Prevalence of obesity

12. The pairs of events of which the increase of the first event results in the increase of the second event are

(1) A and B. (2) A and D. (3) B and C. (4) C and D.

13. The pairs of events of which the increase of the first event results in the decrease of the second event are

(1) A and B (2) A and C. (3) A and D. (4) B and C.

Answer questions 14 and 15 based on the pairs of events P, Q, R and S given below.

P - Following rules and regulations in sports
Ability to conduct a fair competition

Q - An athlete having a larger supporting base
The athlete's ability to maintain balance

R - Getting adequate exercises and rest
Disturbances to proper functioning of the muscular system

S - Reduction of reaction speed of a sprinter
Ability to win sprinting events

14. The pairs of events of which the increase of the first event results in the increase of the second event are

(1) P and Q. (2) Q and R (3) R and S. (4) P and S.

15. The pairs of events of which the increase of the first event results in the decrease of the second event are

(1) P and Q. (2) Q and R. (3) R and S. (4) P and S.

16. The country that won the Football World Cup held in July 2018 in Russia is

(1) Germany. (2) France. (3) Croatia. (4) Belgium

- **2019**

Study the pairs of events A, B, C and D and answer questions 17 and 18.

A - Failing to manage time appropriately to achieve goals
Occurrence of mental stress

B - Developing intense emotions such as anger and fear
Physiological changes such as changes in heart rate, respiration and sweating

C - Washing the burned area with clean, running water immediately after a burn
Blister formation

D - Getting vaccines at the right time
Tendency to contract diseases

17. The pairs of events of which the increase of the first event results in the increase of the second event are

(1) A and B (2) A and D (3) B and C (4) C and D

18. The pairs of events of which the increase of the first event results in the decrease of the second event are

(1) A and B. (2) A and D. (3) B and C. (4) C and D.

Study the pairs of events A, B, C and D and answer questions 19 and 20.

A - Taking part in the physical fitness programmes conducted in the school
Ability to develop a balanced personality

B - An athlete limiting the methodical training sessions
Ability to decompose lactic acid formed in the muscle

C - Moving the center of the gravity of a standing athlete to a lower level
Athlete obtaining balance

D - Lack of mutual understanding among the team members
Ability to show good performance

19. The pairs of events of which the increase of the first event results in the increase of the second event are

(1) A and B (2) A and C. (3) B and D. (4) C and D.

20. The pairs of events of which the increase of the first event results in the decrease of the second event are

(1) A and B. (2) A and C. (3) B and D. (4) C and D.

- **2020**

Study the pairs of events A, B and C and answer question 21.

A - Giving proper immunization to children
Children Contracting some infectious diseases

B - Subjecting to mental stress for a longer period
Increased risk of developing mental illnesses such as depression

C - Chewing betel, smoking, and consuming alcohol as a habit
Tendency to develop cancers in the digestive system and the respiratory system

21. The pairs of events of which the increase of the first event results in the increase of the second event is

(1) A and B. (2) B only. (3) B and C. (4) C only.

Study the pairs of events A, B and C and answer question 22.

A - Using banned performance enhances in sports over a long period
Risk of causing harmful effects to the body

B - Watching the television while sitting daily for longer periods
Ability to improve health-related physical fitness

C - Practicing the correct running drills
Developing speed

22. The pairs of events of which the increase of the first event results in the increase of the second event are

(1) A and B. (2) B only. (3) A and C. (4) C only.

23. The city and the country in which the 2020 Olympic Games were planned to be held, but could not be held due to the COVID-19 pandemic are

(1) Tokyo, Japan. (2) Beijing, China.
(3) Sydney, Australia. (4) London, England.

- **2021**

Study the pairs of events A, B, C and answer question 24.

A - Connecting with nature and engaging in outdoor educational activities.
Developing the ability to understand the challenges of nature and facing them successfully.

B - Appreciating the talents of students engaging in sports within the school.
School children engaging in various sports activities.

C - Disobeying rules and regulations while engaging in sports.
Competing according to the concept of fair play

24. The letter/letters denoting the pair/pairs in which an increase in the first event results in an increase in the second event is/are,

(1) B only. (2) C only. (3) A and B only. (4) A and C only.

25. What is the event in which Dinesh Priyantha Herath won a gold medal at 2020 Tokyo Paralympics, where he kept a World Record and placed Sri Lanka's name in the International Athletics history?

(1) Discus throw (2) Javelin throw
(3) Shot put (4) Hammer throw

- **2022**

Study the pairs of events A. B and C and answer question 26.

A - Exclusively breast feeding the child until he/she completes his/her first six months
The development of the child's body and brain because breast milk contains all required nutrients
B - Developing good interpersonal relations
Developing mental stress
C - Developing health related fitness
Developing the ability to lead a healthy life

26. The pair/pairs of events of which the increase of the first event results in the decrease of the second event is/are

(1) A only. (2) B only. (3) A and B only. (4) B and C

27. The country that won the Football World Cup held in 2022 in Qatar is

(1) Argentina. (2) Croatia. (3) France. (4) Morocco.

➢ **Answer**

01. 2	02. 3	03. 2	04. 2	05. 3
06. 2	07. 4	08. 2	09. 3	10. 1
11. 4	12. 3	13. 3	14. 1	15. 3
16. 2	17. 1	18. 4	19. 2	20. 3
21. 3	22. 3	23. 1	24. 3	25. 2
26. 2	27. 1			

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Purpose - I expect this past paper book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

HEALTH & PHYSICAL EDUCATION

COLLECTION OF PART-2 QUESTIONS & ANSWERS FOR G.C.E. (ORDINARY LEVEL) EXAMINATION (2015-2022)



PREPARED BY: M.H.M MUSTHANZIR

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(NATIONAL SCHOOL)

ZONAL EDUCATION OFFICE - KALMUNAI

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4. CHALLANGES
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8. NETBALL
9. FOOTBALL

CLARIFICATION FOR STUDENTS

Below is the set of question-and-answer under the topic of **"HEALTHY LIFE"** has been asking for 10 marks as the 01st consecutive question in Part-2 exam paper since past 08 years from 2015 to 2022. So, get proper training to answer this set of questions. Best wishes for best results.

2015 Question and Answer

01. The Past Pupils Association (PPA) of Rideegama Vidyalaya built a Holiday Resort for students with the intention of promoting their health by allowing them to adapt to a healthy lifestyle. In this Resort, instant food and junk food were restricted and balanced diets were always provided to improve nutritional status of students. The environment was kept clean and the stagnant water bodies around the premises were destroyed. A soft background music was played throughout the day. In the morning, a compulsory physical fitness programme was carried out according to a sound track. Games like volleyball and netball, and other minor games, were played in the evening. Various tournaments were organized create enthusiasm among students. could occur during activities. All students were given a training on first aid techniques such as RICE method to manage minor injuries that It was compulsory for all students to practice religious activities prior to sleeping at night, which was followed by a meditation programme to end the day's activities.

(1) Name the four areas the PPA has focused on to build a healthy lifestyle.

- Physical, Mental, Social, Spiritual

(ii) Write two policies/principles the PPA has designed, to promote health students staying in the Holiday Resort.

- Provide balanced diets, maintaining health environment, Providing first aid

(iii) Explain two actions they have taken to reduce the occurrence of non-communicable diseases among students.

- Meditation, Sports, balanced diets

(iv) Name the nutrients that should be included in the balanced diets given to students.

- carbohydrates, lipids, protein, Vitamins and minerals

(v) State one action taken by the PPA to protect students from communicable diseases.

- The environment was kept clean and the stagnant water bodies around the premises were destroyed.

(vi) Write two benefits the students can gain by participating in the physical fitness programme carried outby the Holiday Resort.

- Developing physical fitness, Developing mental fitness, Inter personal relationship

(vii) In the Holiday Resort except the organized games participated by students, state two other organized games that the students can practise using a ball.

- Football, Netball, Cricket, Tennis, Table Tennis

(viii) Name two tournament methods that can be used conduct the tournaments among students mentioned in the case.

- Knockout tournament and League tournament

(ix) Write the four steps of RICE method which was learned by the students, in the correct order.

- Rest
- Ice
- Compression
- Elevation

(x) State a personal skill and a social skill that will be developed by engaging students in sports activities in the evenings. (marks 02 X 10 = 20)

- **personal skill**
- accepting victory and defeat
- Leadership
- **social skill**
- Team spirit
- Follow the leadership
- Communication skill

2016 Question and Answer

01. Health and sports societies of our school, together with the community, organized a one-day workshop to develop skills of grade 10, 11 students. The morning session consisted of a lecture and discussion on the causes and prevention of communicable diseases, non-communicable diseases and sexually transmitted diseases such as HIV/AIDS, which was conducted with the assistance of physicians. After that, an experienced chef explained the importance of the Sri Lankan food culture while discussing the benefits of mixed foods and ancient food preservation methods such as drying.
The evening session was dedicated to sports and recreational activities. All students grouped into five groups and played friendly volleyball, netball and football matches using the knock - out method. Students engaged in judging as well, and the matches were held in the school playground. The event was concluded with a singing and dancing session in which all students participated. All agreed that such workshops will provide an opportunity to use the potentials of youth in positive manner, develop inter – personal skills of youth and help to manage mental stress of young school children.

(i) Show two occasions in this workshop that provides opportunities for the youth to use their potentials in a positive manner.

- Engaging in sports/ games, Participating in dancing items, Refereeing
- Participating in singing, Organizing the workshop

(ii) Mention two health - promotion strategies that were used during this workshop.

- Skill development, Community participation
- Building a health - friendly environment, Reorganizing health services

(iii)Write two factors that could cause sexually transmitted diseases mentioned in the passage.

- Make sexual contact with an infected person
- Transfusion of blood obtained from an infected person
- Using syringes etc. without disinfecting them
- From an infected mother to the child.
  - Through breast milk
  - Through the placenta of the pregnant mother.

(iv) Name one mixed food item that the chef might have mentioned, and briefly explain the importance of consuming mixed foods.

- Mixed green leaf malluma, Hath maaluwa, fried rice, fruit salad, sambar, pongal rice, milk rice with green gram (mung kiribath), vegetable salads
- Improves the nutritive value of foods, increase the digestibility of foods and increase the appetite.

(v) Mention two ancient preservation methods other than 'drying' that was mentioned by the chef.

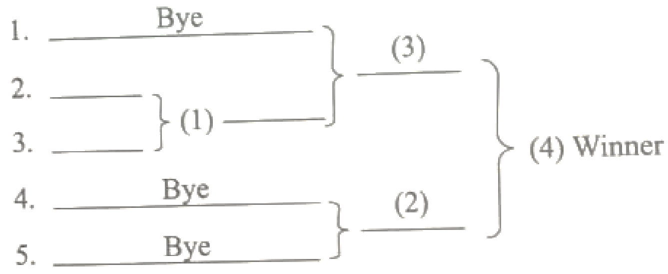
- Burying under sand, dipping in honey and drying, Salting, Smoking, Pickling
- Making jaadi, Making Ambul Thiyal

(vi) Name the type of games that the students played during this event, and state one feature of the type of games you mentioned.

- Organized games / Major games
- specific rules and regulations, equipment and courts/ grounds with defined dimensions/boundaries.
- There is a specific number of players, specific safety equipment, attire etc.

(vii) Draw the fixture for a knock-out tournament with five teams, which was held during this event.

- 8-5=03 Byes



(viii) Write two most likely reasons for the students to select the knock-out method for this event.

- Easy to organize competitions, can use only the school play ground
- Can only use the equipment available in the school.
- Only the students can participate in judging
- Can complete the event with a limited budget.

(ix) Give two examples in which, the students can improve their inter-personal skills, by participating in this workshop.

- Engaging in sports/ games, Organizing the Games
- Participating in entertainment activities, Participating in singing, Organizing the workshop, Participating in dancing items, Refereeing

(x) Write two instances in this workshop that will contribute to stress management in students.

- Engaging in sports/ games, Organizing the games
- Participating in entertainment activities
- Participating in singing Organizing the workshop, Participating in dancing item

2017 Question and Answer

01. "The volleyball teams of Ranminithenna school and our school went to the Provincial Tournament in the same bus and we were happy to make the journey together. Throughout the journey, some students were sitting, some were standing, and others were dancing. Ranminithenna team lost in the first round and was the final round undefeated subsequently removed from the tournament. Led by Ravi, our team entered and won the tournament. After that, we peacefully celebrated our victory. Kumara, player from Ranminithenna team, scolded Nuwan, accusing that he was responsible for their defeat. At that point, Ravi reminded that athletes should always show their sportsmanship qualities.

The school's health society prepared a healthy lunch for all participants. While all of us were sitting together, having lunch, our teacher appreciated Ravi's leadership qualities. Our teacher also mentioned that Ravi is a thalassemia patient. On our way home, upon a request made by all of us, our bus stopped near Meda Oya. While running down the stream, Kumara slipped, fell and sprained his ankle. We carried him toa shade, allowed him to lie down on the ground and gave him first aid according to the correct procedure."

(i) Name the tournament method that was used in the provincial volleyball tournament and mention why the side tournament method has been given that name.

- Knockout method
- The method is named so because the loser of each match-up is immediately eliminated from the tournament.

(ii) Other than the game mentioned in the passage, write two games that belong to the same class of games, that are included in provincial tournaments.

- Netball, football, Basketball, Cricket, Badminton, Table tennis, Elle

(iii) State two sportsmanship qualities than an athlete should have, as mentioned by Ravi.

- Treating all players equally, taking correct decisions, Taking instant, good decisions
- Critical thinking skills, develop inter -personal skills, Ability to act peacefully

(iv) Write two leadership qualities that Ravi may have possessed that made the teacher to appreciate him.

- being a humble person, being a well- disciplined person, follow rules and regulations, efficient communication skills, dignity, self confidence

(v) Provide two examples from the passage to show that the social skills of those teams have been developed.

- all students going in the same bus together, all celebrating the victory together, peacefully, all enjoying the lunch together, all assisting in giving first aid to kumara, all singing and dancing together as a group.

(vi) Name the major food groups that should be included in the healthy lunch prepared by the school's health society.

- Grains (cereals) and tubers (yams)
- Vegetables
- Fruits
- Meat, fish, egg and pulses
- Milk and milk products

(vii) State one non - communicable disease that is not mentioned in the passage and mention a preventive measure for the disease you stated.

- Consume balanced diets for main meals, regularly engage in physical activities, having an adequate sleep and rest, take necessary actions to minimize mental stress, Refrain from consuming alcohol and smoking

(viii) Considering the constituents of total health, state two facts that can be used to describe Kumara's behaviour.

- He has a poor mental health, He has a poor physical health

(ix) State the first aid procedure that the students followed when treating Kumara's sprained ankle.

- P - Protection
- R - Rest
- I – Ice
- C – Compression
- E – Elevation
- S - Support

(x) Mention two static postures the students have followed during the incident described in the passage.

- Singing while sitting and standing in the bus, having lunch while sitting together, Kumara lying down

2018 Question and Answer

01. At the Health and physical Education Day that we organized this time, we conducted several activities to develop health related physical fitness components and improve the nutritional status of students. According to its results. our class teacher informed that the BMI of the students in our class at is factory. The community provided us kola kenda, mung kiribath and banana as refreshments during the event. The students displayed the following banner during the event.

TOO much of junk food could lead to non - communicable diseases!

A volleyball tournament was organized in the evening using the limited resources available in our school and six teams participated in the tournament. The players competed according to rules and regulations while other students peacefully watched the matches. One student fainted during the tournament and we gave first-aid to him. The programme concluded with a campfire and we enjoyed participating in it.

(i) State the colour of the BMI category to which the students of our class belong, according to our teacher.

- Green

(ii) Write down two unhealthy food habits other than the food habit mentioned in the banner.

- Consuming foods rich in salt, sugar and oils
- Drinking tea or coffee immediately after a main meal.
- Skipping/ delaying of main meals including breakfast
- Increasing the number of meals

(iii) Mention two non- communicable diseases directly related to the circulatory system, which could result from unhealthy food habits.

- Hypertension, Myocardial infection, Stroke, Angina pectoris

(iv) Give your ideas about the nutritive value of the refreshments provided by the community.

- Because these foods are mixed foods, several nutrients can be obtained at once by consuming these foods, they are wholesome and are balanced foods.

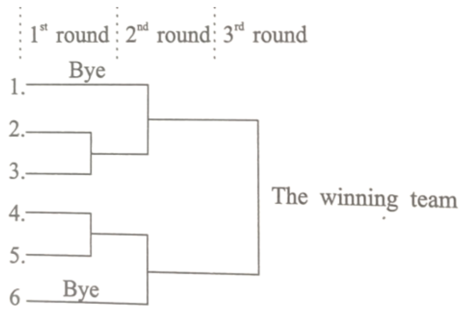
(v) Briefly mention the first- aid procedure that the other students may have given to the fainted student. developed cardiovascular.

- The patient should be laid flat on his or her back and elevate his/ her legs. His/ her clothes around the neck, chest and waist must be loosened. Adequate ventilation must be provided and the people gathered around the patient must be removes. when the patient has recovered, help him/ her to sit.

(vi) List two activities that can be conducted during the above event to fitness of students.

- Brisk walking, Aerobic dancing, Jogging, Skipping, Aerobic exercise
- Engaging in minor games.

(vii) Sketch the draw for the volleyball tournament held in the evening with the participation of six team.



(viii) Provide two examples from the passage to show that the tournament has been conducted according to the concept of fair play.

- Players competing according to rules and regulation
- Other students (spectators) watching the matches peacefully.

(ix) Mention two factors that should be considered when preparing a campfire during a similar event.

- Collect firewood beforehand, avoid using valuable timber as firewood.
- Remove insects present in firewood

(x) Provide examples for two instances in which the positive inter - Personal skills of students may have been developed during the above event.

- When organizing the Health and Physical Education Day
- When giving first -aid to the fainted student, when organizing the campfire
- When participating in the campfire.

2019 Question and Answer

01. Kumari, who is studying in Grade 11, has a weight appropriate for her height. She also demonstrates (psycho - social) changes such as (having innovative ideas) and enjoying the company of peers. Kumari's BMI value falls in the green zone of the BMI chart. Kumari regularly engages in exercises such as jogging to maintain a good health - related physical fitness level. To enjoy the pleasures of nature, as an outdoor activity, she organized a jungle exploration together with friends in her class. When preparing the lists, she included information such as the name and of the participants in the participant information sheet, and included items such as potable the class drinking water and food in the list of items to be taken for the journey. Provide short answers to questions (i) to (x) based on the above incident.

(i) (a) Name the stage of life to which Kumari belongs.

- Adolescence

(b) Mention the age range of the stage of life to which Kumari belongs. according to the definition of World Health Organization (WHO)

- 10-19 Years

(ii) Write down two characteristics other than those mentioned in the event, which can be used to identify the physical fitness level of Kumari, who is in the green zone of the BMI chart.

- Has a height/weight appropriate for the age, has a good health
- Efficient / active, less prone to diseases

(iii) Write down two physical changes that can be seen in Kumari, which are not mentioned in the incident.

- Development of breasts, broadening of hips, Beginning of menstruation, Production of vaginal secretions.

(iv) Mention two psycho- social changes that can be occurred in Kumari. except the changes mentioned the incident.

- Willingness to engage in social service, attempting to innovate and explore, standing against injustice, Attraction towards the opposite sex, prefers adult company, Develop sexual feeling

(v) Write two exercises other than jogging that Kumari can engage in, to maintain health – related physical fitness.

- Brisk walking, Cycling, Aerobic exercises and aerobic dancing, Swimming

(vi) In addition to the benefit mentioned in the incident, write down two other benefits that the Grade 11 students can gain by outdoor education.

- opportunity to identify the environment, Develops the ability to face challenges, develops self- confidence, develops exploration skills, develops leadership skills, develops problem - solving skills, develops decision making skills

(vii) Mention two actions other than engaging in exercises, which Kumari can follow to develop health related physical fitness.

- Getting adequate nutrition, getting adequate rest, Getting adequate sleep, Stress management

(viii) Mention two other important facts that should be included in the participant information sheet prepared by Kumari and her classmates.

- Address, contact phone number (if available), Name of a person to be informed in case of an emergency, Address of a person to be informed in case of an emergency, Phone number of a person to be informed in case of an emergency

(ix) List four other items that they would include in the list of items to be taken for the jungle exploration.

- A sufficient number of cloths, Ropes, A first aid kit, A pen or a pencil, A knife, flashlight (torch), A camera, A notebook, A compass

(x) Give two benefits they can gain by working as a team when organizing the jungle exploration.

- Get an opportunity to listen to ideas of others, Develop the skill of respecting others' ideas, get an opportunity to express own views, Develop the skill to work collectively (as a team), Develop leadership skills, Develop the ability to become a good follower, develop decision - making skills, develop problem - solving skills

2020 Question and Answer

01. During the last extended school vacation, all the members of the Jayashri family spent the mornings engaging in gardening. They grew vegetables such as string beans, winged beans and brinjal, green leaves such as Gotukola and spinach, and manioc. The trees such as coconut, jak, mango, and banana were also there in the garden. The fresh produce collected from the garden became very useful for mother who was always concerned about preparing healthy meals. During that time period, they completely avoided junk food and instant food. They worked efficiently maintain cleanliness of the environment as well. There, they cleared the places where water was accumulated, and produced compost using waste. During leisure times, all family members played games such as Chess which develops mental health, and in the evenings, they played cricket. On some days, the children played minor games such as 'fishing-net' by setting their own rules and regulations.

(i) Mention two activities that lead to the improvement of health-related physical fitness Jayashri family.

- Gardening, playing cricket, playing minor games, Working actively,

(ii) Write two good food habits followed by the members of the Jayashri family.

- Consuming healthy meals, Avoiding junk and instant food, Consuming fresh foods

(iii) Suggest two actions that the mother of Jayashri family can follow when preparing home-grown green leaves, to protect their nutritional value.

- Wash green leaves before cutting, consume green leaves, preparing green leaves
- Prepare mixed green leaf mallum, Add iodized salt to green leaf preparations

(iv) Write two food items that could be found from the garden of Jayashri family, which help to minimize constipation that their grandfather is suffering from.

- Gotukola, Mango, Winged beans, Spinach, Banana, String beans.....

(v) State two benefits that the Jayashri family can gain by maintaining the cleanliness of the environment.

- Prevent from communicable/infectious diseases such as Dengue
- Can get a bigger harvest at a minimum cost by composting (by recycling waste)
- Can enjoy mental satisfaction

(vi) Write two social skills that could be developed within these family members by working together.

- Ability to work collectively, Ability to work as a team, Respecting the views of others
- Respect others, Develops unity

(vii) Name two other games they can play in addition to the game mentioned in the given incident to develop their mental health.

- Checkers ('Daam'), Scrabble, Carrom, Card games, Pancha dameema

(viii) Name the category of sports to which Cricket belongs, and state another game which belongs to the same category that can be played by them.

- Organized games – Volleyball, Football, Elle, Netball, Basketball, Hockey

(ix) State two other features which can be seen in the minor game they created, except the feature mentioned in the incident.

- Play area, Number of players, Duration of the play, Equipment used, Judges, Scoring system

(x) Write two benefits they will gain by engaging in sports.

- Develop physical fitness, Spend the leisure time productively, Reduce mental stress
- Accept victory and defeat realistically, Ability work collectively, Provides relaxation

2021 Question and Answer

01. The principal of a health promotion school started the school after the vacation with a meaningful a programme. He cleaned the school through a Shramadana with the assistance of parents and villagers. The villagers gave the participants Kola kenda in the morning and lunch consisting of local food varieties such as brown rice and Gotukola salad.

The principal arranged a western doctor to educate the students on the correct procedure to wear masks to prevent the new COVID-19 variant, which is spreading rapidly now. An Ayurvedic doctor educated on how herbal drinks such as Coriander (koththamalli) can be consumed appropriately.

The Physical Education teacher emphasized the importance of maintaining physical and mental health when the lifestyle becomes normal. He showed that it is essential to engage in team sports such as cricket and games involving mental development such as checkers, to achieve this. He also explained the importance of engaging in outdoor activities such as forest explorations when the lifestyle becomes normal.

(i) Name the mixed food items that the villagers offered to the participants of Shramadana which are mentioned in the case and state the nutritional importance of them.

- Kola kenda, Gotukola salad
- Contains several nutrients (e.g., carbohydrates, proteins, fats, vitamins, minerals, water

(ii) Why do you recommend it is better to consume the Gotukola salad prepared by villagers raw?

- Because nutrients are not destroyed when eating fresh (raw), it is easier to obtain required nutrients.

(iii) Mention two actions that the principal has taken to develop skills required for health promotion among the students.

- Conducting the COVID-19 awareness programme with contribution of the western medical doctor
- Educating the participants about the COVID-19 preventive methods based on indigenous medicine with the contribution of Ayurvedic doctor.
- Educating the students about the importance of engaging in physical activities through the Physical Education teacher

(iv) Write down two methods that should be followed to prevent COVID-19 in addition to the method mentioned by the western doctor.

- Applying soap and thoroughly washing hands for about 20 seconds
- Maintaining a 1.5m distance between two persons (social distancing)
- Use hand sanitizer to clean hands when washing facilities are not available
- Use hand gloves
- Obtain the vaccine doses at the correct intervals
- Consume vitamin C, Adhere to quarantine laws

(v) Write down two activities that you can engage in, to maintain your physical fitness while you are staying home due to the COVID-19 disease condition.

- Brisk walking, Jogging, Cycling
- Engaging activities such as push-ups and dips
- Engaging in various jumping activities, Engaging in various games, Dancing

(vi) Write down two methods that can be followed to prevent COVID-19 according to indigenous medicinal procedures, in addition to the method mentioned in the case.

- Steam inhalation, Drink warm water
- Drink fruit juices containing vitamin C (lime, orange, lemon)
- Add lime juice to plain tea
- Consume the correct doses of indigenous medicinal preparations
- Wash hands with applying soap

(vii) Write down two games other than checkers that involve mental development, which you can play while you are at home.

- Scrabble, Carrom, Card games, Chess, Pancha dameema

(viii) Mention a social skill and a personal skill that will be developed within you when working as a team during these occasions.

- **Social skills:** Working collaboratively, unity, Respecting the views of others,
- Accepting the opinions of others, Sharing, Developing the team spirit, Unity, collaboration, Developing effective communication skills
- **Personal skills:** Creativity and critical thinking skills, Flexibility, Leadership and followship, Initiative

(ix) Write down two outdoor activities that can be engaged in after the life becomes normal, in addition to forest explorations that is mentioned in the case.

- Walks, Bicycle safari, Camping, Campfires, cooking outdoors (while camping)
- Hiking, Rowing

(x) Mention two benefits of engaging in outdoor educational activities on such occasions.

- Happiness and enjoyment
- Understanding and facing the challenges of nature
- Developing the exploration skills
- Developing the ability to solve problems
- Developing correct decision-making skills
- Appreciating nature

2022 Question and Answer

1. The Sports Association of Rideegama College organized a coaching camp in the weekend. At this coaching camp, the coaches gave a training on field events such high jump and track events such as relay races, and showed the need of rules and regulations to maintain the dignity of sports.
The participants were made aware of the special nutrient requirements of athletes, the good habits such refraining from using drugs and smoking that should be followed to maintain total health, and skills such empathy that are important to maintain interpersonal relations, by the sports medicine doctor.
An outdoor entertainment programme was held at the end of the coaching camp and all participants enjoyed by singing and dancing before they dismissed happily.

(i) Write two social skills that the students of Rideegama college will develop by collectively organizing the coaching camp.

- Developing inter personal relationship, Team spirit, Respecting others

(ii) Mention two events belonging the field event category other than the category to which high jump mentioned in this case belongs.

- Discuss throw, Javelin, Shot put, Hummer throw

(iii) Write two track events that the coaches may have trained, other than relay races.

- 100m 200m 400m 100m 1500m 3000m 5000m 10000m

(iv) Write two facts other than the fact mentioned in the case, to show the importance of rules and regulations in sports.

- to maintain ethics in sports, to develop personal values, to minimize accidents

(v) Mention two categories of people who have special nutrient requirements other than athletes.

- Pregnant mothers, Breast feeding mothers, Sick persons

(vi) Write two facts an athlete should pay attention to, when planning his/her meals to meet special nutrient requirements.

- Age, Status of health, Gender Level of physical activity

(vii) Write two good habits other than the good habit mentioned in the case, which can be followed to achieve total health.

- Good eating habits, Active life style and exercise
- Maintaining an appropriate BMI, Adequate sleep and rest

(viii) Write two skills other than empathy, which could be important for a person to maintain interpersonal relations.

- Taking correct decision, Awareness, Effective communication, Solving problems

(ix) Write two facts that should be paid attention to, when organizing outdoor entertainment events like these at the school premises.

- Getting permission to the suitable person, Select the suitable place
- Arrange the sanitation facilities and arrange the first Aid

(x) Write two personal skills that will be developed in students by participating in entertainment programmes like these. (02 x 10 = 20 marks)

- Following leadership, Inter personal relationship, Effective communication
- Taking correct decision

Clarification for students

Below is the set of question-and-answer under the topic of **"DISEASES"** has been asking for 3rd question in part 2 paper in 2015 to 2018,2021.
in accordance with in 2020 the mentioned topic has been asking in 2nd question in part 2 paper for obtaining 10 marks under this topic So get proper training to answer this set of questions. Best wishes for best results.

2015 Question and Answer

03. Use the below information about systems A and B to answer the following questions.

A - Uptakes oxygen (O_2) from atmosphere and delivers to lungs. Uptakes carbon dioxide (CO_2) from lungs and expels to the atmosphere.

B - Uptakes oxygen (O_2) from lungs and delivers to muscle cells. Uptakes carbon dioxide (CO_2) released from muscle cells and delivers to lungs.

(i) Name the two systems A and B (02 marks)

- A - Respiratory system
- B - Circulatory system

(ii) Write one disease condition that directly affects the efficiency of system A, and two discase conditions that directly affect the efficiency of system B. (03 marks)

A - Common cold & inflammation of larynx, Bronchitis and Pneumonia, Tuberculosis
Bronchial Asthma, Catarrh (Allergic Rhinitis), Cancer in the lungs
B - Angina (Reduced blood supply to the heart), Myocardial infarction (Heart Attacks)
Stroke (paralysis), Hypertension

(iii) Mention five practices that should be followed to preserve the wonders of these two systems in order to maintain a good health. (05 marks)

- Avoid smoking.
- Avoid taking foods that are allergic
- Inhale clean air and avoid environmental pollution.
- Engaging in adequate exercises.
- Maintaining an active life style.
- Avoid consuming alcohol.
- Getting used to healthy food habits.
- Controlling obesity and diabetes.

2016 Question and Answer

03. A part of an article published in a newspaper is given below. Use the following information to answer the questions given below.

"This disease rapidly spreading throughout Sri Lanka and is transmitted by the two mosquito species Aedis egypti and Aedis albopictus. Under severe conditions, the victims show several symptoms including small red patches on the skin. It is our duty to work together to control the spreading of this disease".

(i) Name the disease described the above article, and state the causative agent of the disease. (02 marks)

- Dengue
- Dengue Virus

(ii) Name the severe condition of the disease described in the article, and list four symptoms of the severe condition, which are not mentioned in the article. (03 marks)

- Severe headache
- High fever
- Bleeding nose
- Blood in urine and stools
- Dark brown/ red stools and urine
- Bleeding gums

(iii) Briefly explain five actions that you can take, to control the spreading of this disease. (05 marks)

- Keep the home and the surrounding area clean.
- Destroy stagnant water bodies
- Clean the gutters of the house
- Use mosquito nets when sleeping
- Educate the community about the disease
- Direct the suspected patients for medical advice/treatments
- Keep the containers that collect water, closed tightly at all times
- Use other suitable methods to protect from mosquitoes

2017 Question and Answer

03. Provide facts under the following topics, to educate the community on Dengue fever that is spreading rapidly across Sri Lanka.

(i) The causative agent and the vector of Dengue fever. (02 marks)

- Dengue virus
- Dengue mosquito /Aedes aegypti and Aedes albopictus

(ii)

(a) Symptoms observed at the early stages of Dengue fever.

- High fever
- Severe headache
- Body pains

(b) The steps that should be taken immediately after observing the above-mentioned symptoms (03 marks)

- Go to hospital or a certified medical doctor and seek medical advice in the presence of the symptoms and do a blood test as per medical advice.

(iii)

(a) Actions that should be taken to prevent the spreading of Dengue fever.

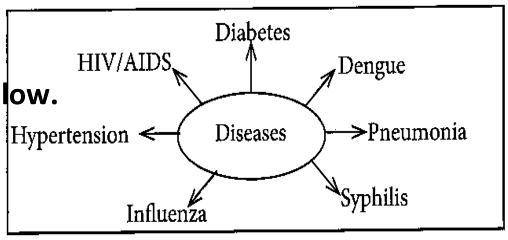
- Destroy the habitats of the mosquito
- Put sand inside used tires
- Follow proper waste management practices
- Avoid disposal of polythene bags to the external environment

(b) Practices that should be followed by a patient after recovery from the Dengue fever (5m)

- Give a good / adequate rest
- Do not allow mosquito bites
- Give adequate quantities of liquids such as fresh fruit juices to drink
- Avoid taking aspirin or medications containing aspirin
- If fever is present again, take the patient to a hospital and seek medical advice
- Carefully monitor the patient for the above-mentioned symptoms

2018 Question and Answer

Use the following diagram to answer the questions given below.



(i) Of the diseases given in the above diagram, name two diseases that can directly affect the functioning of the respiratory system and state two methods by which the mentioned diseases could be spread. (02 marks)

- Influenza and Pneumonia
- **Spreading methods** - From droplets, through air and By using the handkerchiefs, towels, and utensils etc, that are used by the patients

(ii)

(a) Write down separately, one symptom of each of the two sexually-transmitted diseases shown in the diagram.

✓ **HIV/AIDS**
- Loss of body weight within a short period and short breath (panting)
- Excessive perspiration at night and swelling of lymphatic glands
- Diarrhoea that lasts for more than a month
- Fever extending for more than a month and Tuberculosis, Pneumonia

✓ **Syphilis**
  - Sores on and around genital organs
  - Swelling of lymphatic glands
  - Secretions from genital organs

(b) Mention two actions that can be followed to prevent such diseases. (03 marks)

- Actions to prevent such diseases
- Avoid unprotected sexual contacts
- Restrict sexual activities to one reliable partner
- Avoid blood transfusion from infected individuals

(iii) Describe five actions that can be taken to prevent the discase in the diagram that rapidly spread across the country recently through mosquitoes. (05 marks)

- Destroy water - accumulating bodies
- Break/ crush the empty tins, curd pots, coconut shells, old clay pots, dishes etc.
- Add salt or soap to water vases, ant traps etc
- Put sand inside used tires
- Avoid disposing of polythene bags to the external environment
- Direct infected patients to medical care
- Keep the environment clean
- Organize campaigns to educate the community on Dengue fever

2019 Question and Answer

02. The newly-appointed, efficient principal of Kurulugama Vidyalaya, which is a school with limited resources, is attempting to convert the school into a Health Promotion School with the help of Grade 11 students.

(i) Mention two policies that you would suggest to the principal to enhance health promotion of Kurulugama Vidyalaya. (02 marks)

- Provide clean drinking water facilities within the school.
- Establish a healthy canteen
- Provide students with adequate knowledge of health.
- Build an accident- free school environment
- Provide school dental service to students below 12 years
- Implement a proper waste management plan
- Provide proper sanitation facilities
- Make the school a polythene free zone
- Arrange the classrooms to meet the requirements of students.

(ii) State three actions that can be taken to build a mental environment favorable for health promotion of the students of this school. (03 marks)

- Make the school environment attractive to students
- Provide facilities required to conduct sports activities
- Prevent students from humiliation
- Prevent bullying
- Promote gardening within the school
- Treat all students equally
- Implement a counselling service for students to discuss their problems
- Provide a stress - free environment within the school.

(iii) Describe an activity that can be done with the contribution of the school community including parents to prevent smoking and alcohol consumption among students. (05M)

- With the help of resource persons such as doctors, organize programmes to educate students about the negative consequences and risks associated with smoking and alcohol consumption
- Ban the alcohol and cigarette sales outlets operating within the school area with the help of the police station, Public Health Inspectors (PHI), VIPs and the government

2020 Question and Answer

02. A large number of deaths are reported around the world due to COVID-19 which has developed into a global pandemic recently.

(i) Name the causative agent of the above disease and the organ system that is directly affected by the discase. (02 marks)

(a) Coronavirus/ COVID-19 virus

(b) Respiratory system

(ii) State three actions that have been taken by the Sri Lankan government to prevent the spread of COVID-19. (03 marks)

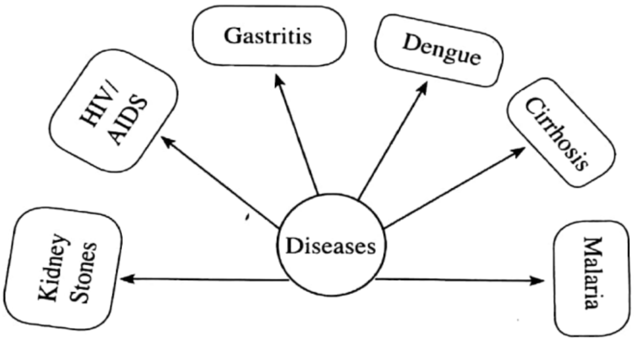
- Conduct awareness programmes
- Home delivery of essential goods
- Provide doorstep banking facilities
- Providing an allowance for low-income families
- Temporarily shutting down the airports
- Imposing laws that help to prevent the spread of the disease
- Punish the people who are breaking rules
- Provide medical facilities for patients
- Establish hospitals/wards dedicated to COVID-19 patients
- Providing COVID-19 vaccination free of charge

(iii) Write five actions you should take to prevent being infected from this disease. (5M)

- Thoroughly wash hands with soap and water
- Use hand-sanitizer
- Wear a face mask that completely covers your mouth and nose
- Use hand gloves
- Maintain social distancing (1.5 m distance between two people)
- Cover your nose and mouth using a napkin or your elbow when sneezing
- Avoid sharing personal utensils and clothes with others
- Avoid public gatherings
- Be physically active
- Get adequate rest and sleep
- Consume a healthy, balanced diet
- Immediately consult a doctor if symptoms appear
- Inhale steam three times a day
- Avoid touching your mouth, nose, eyes, ears and face

2021 Question and Answer

Answer the questions given below based on the following diagram that lists diseases.



(i) Out of these discases, mention one disease that directly affects each of the following systems. (02 marks)

(a) Digestive system - Gastritis/ Cirrhosis
(b) Excretory system - Kidney stones
ii)

(a) Mention one sexually transmitted discase other than the sexually transmitted disease listed in the diagram.

- Gonorrhea, Syphilis, Genital herpes, Chlamydia, Genital warts

(b) Write down two ways by which a person can be infected by the sexually transmitted disease given in the diagram. (03 marks)

- Unsafe sex with an infected person
- Blood transfusion from an infected person
- Transmitting to an infant through an infected mother's breast milk or placenta
- Using unsterilized needles (for tattoos etc.)

(iii)
(a) State the causative agent of the disease mentioned in the diagram, which is spread by the mosquito species Aedes aegypti and Aedes albopictus.

- Dengue virus/ Arbovirus

(b) Write down four actions that can be taken to prevent spreading that disease. (05 marks)

- Destroying water-accumulating places that act as mosquito-breeding sites
- Clean the gutters (remove debris)
- Change water in vases
- Filled used tires with sand
- Proper waste management
- Add alt or soap to water in vases

2022 Question and Answer

03. Answer the questions given below based on the following incident.

While a group of Grade 11 students were playing cricket. Kumar missed a catch of Saman who has scored 100 runs by then, and Shihan severely scolded Kumar for missing the catch. Christy intervened and settled the situation.

(i) Mention separately, one emotion that could have been created in each of the following students during the above incident. (02 marks)

- Shihan - Anger, sad
- Kumar - Fear, sad
- Saman – Happiness, fear

(ii) Mention separately, one reason for generating each of the emotions that you mentioned in question (i) above, in these students. (03 marks)

- Shihan's anger during missing the catch and Anxiety is about missing the chance to win
- Kumar's fear during he commits his mistake and There was fear that the team would lose due to not catch the ball.
- Saman’s happiness because is not catch his ball and Fear of being punished by the team for catching the ball.

(iii) Explain your conclusion of Christy based on the above incident. (5 marks)

- Christy has excellent organizational skills.
- Christ’s inter personal relationships were seen as good.
- He had the ability to solve problems.
- Co-operation with others was observed.
- Leadership qualities were observed.

Clarification for students

Below is the set of question-and-answer under the topic of **"GOOD FOOD HABITS"** has been asking for 2nd question in part 2 paper in 2015 to 2018,2021,2022.
in accordance with in 2019 and 2020 the mentioned topic has been asking in 3rd question in part 2 paper for obtaining 10 marks under this topic So get proper training to answer this set of questions. Best wishes for best results.

2015 Question and Answer

02. BMI of 03 students and 02 meal choices for lunch are given in the tables below considering the nutrition and using this information answer the questions.

Student name	BMI
X	17
Y	23
Z	31

Meal	Food items
01	Egg sandwiches 03, pastry 02, Chinese rolls 02, Cutlet 01, A cola drink 01 bottle, Ice cream 01 cup
02	Rice 01 cup, Dhal 02 table spoon, water 01 glass, Toffee 01

(i) Write down separately, the students who may have consumed Meal 1 and Meal 2. (2M)

- No 01 – Z
- No 02 - X

(ii) Write two non-communicable diseases that may be prevalent among students who are frequently consuming meals like Meal (1). Provide reasons for your answer. (3M)

- cancer, diabetes, high blood pressure, heart disease, stroke
- reason consuming high salt, sugar and fat

(iii)

(a) Write a nutritional problem that can result from consuming meals like Meal 2 over a long period.

- Inactivity and being less productive and Retarded physical growth
- prone to diseases and being poor concentration and memory power
- Learning difficulties and Low life expectancy

(b) Name four food items that should be included in Meal 2 in order to prevent nutritional problems and write one health benefit of each food item you have mentioned. (05 marks)

- Fruits - Safeguards the body from diseases.
- Vegetables - Safeguards the body from diseases. Gives energy.
- Milk and dairy products - Necessary for the Growth of the body. Safeguards the body from diseases.
- Meat, fish, eggs - Necessary for the Growth of the body. Safeguards the body from diseases.

2016 Question and Answer

02. Simon is addicted to alcohol and smoking. As a habit, he takes instant foods and carbonated drinks for his main meals. Further, he frequently fails to eat main meals on time.

(i) Name two non-communicable diseases that Simon is at a higher risk of developing, due to his lifestyle. (02 marks)

- Heart diseases, Obesity, Stroke, Cancers, High blood pressure, Diabetes

(ii) Write three practices that Simon should follow, to avoid the diseases that you mentioned. (03 marks)

- Consume a balanced diet
- Avoid alcohol and smoking
- Engage in exercises/physical activities regularly
- Have an adequate rest and sleep, Manage stress

(iii)

(a) Explain your view on Simon's food habits based on your nutrition knowledge.

- Simon's food habits are not good for his health. Hecannot meet his nutritional requirement through diet because he's not taking balanced diet. He can suffer from non – communicable diseases because he often eats foods rich in fats, oils, salt etc. Alcohol and smoking can reduce his appetite and cause other diseases such as gastritis and cancers. He may suffer from gastro -intestinal tract disorders because of skipping meals.

(b) Suggest a suitable lunch menu for Simon. (05 marks)

- Any menu that gives a balance diet containing all nutrients
- E.g
- Rice - 01 cup (carbohydrates)
- Fried Meat / Fish/ Egg/ dry fish (protein, fat)
- A green leaf preparation (Vitamins, minerals)
- (vitamins, minerals)
- Water

2017 Question and Answer

02. "A few minutes after having lunch, my younger sister showed symptoms of rashes and itching. She asked the reasons for these symptoms and I remembered the lesson about food allergies that we learned in the class. Our teacher had taught us that some people can get food allergies after consumption of certain food items."

(i) Mention how you would explain the term 'food allergies' to your sister. (02 marks)

- An abnormal reaction mounted by the body's immune system against that food item

(ii) Write six food items that could frequently cause food allergies. (03 marks)

- Prawns, Beef, Milk, Corn, Eggs, Peanuts, Pork, Tomatoes, Pineapple

(iii) Explain, giving reasons, five actions that could be taken to protect the nutritional value of foods during processing. (05 marks)

- Obtain different nutrients in the same meal by cooking several types of food together
- Increase iron absorption by adding lime to food. Add lime juice to a cooked meal once it cools down. If not, the heat will destroy vitamin C in lime juice.
- To increase the iron content in the food and to increase iron absorption, add Maldives fish
- Avoid boiling unpeeled eggs, potatoes etc. together with rice as it can result in contamination
- Use proper cooking utensils to avoid leaching of chemicals (e.g. aluminum) into foods

2018 Question and Answer

02.

(i) Two advices given by our Health and Physical Education teacher are given below. Provide reasons for the given advices using your knowledge on nutrition.

(a) Refrain from drinking tea and coffee soon before and after main meals.

- Reduces the absorption of iron present in meals

(b) Limit the consumption of foods rich in sugar, salt and fats and sweetened drinks. (2M)

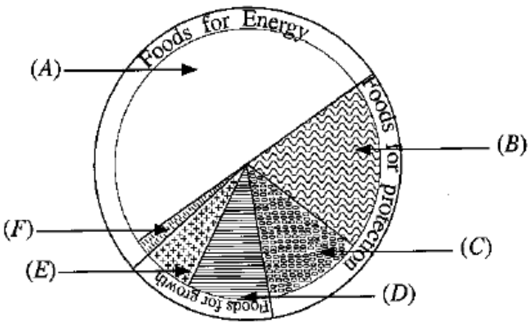
- Reduces the risk of developing non- communicable diseases such as heart diseases, hypertension, diabetes and cancer.

(ii) Mention three actions that can be taken to maintain the appropriate weight for your height. (03 marks)

- Consume balanced meals
- Engage in exercises regularly
- Have adequate rest and sleep
- Stress management
- Maintain an active lifestyle

(iii) The following diagram shows the proportions of the food groups (A) to (F) that should be included in our daily meals.

(a) From the food items given below, write down separately, the food items that belong to the food groups (A) to (F).



- A - Cereals and starchy foods
- B - Vegetables and green leaves
- C - Fruits
- D - Animal and plant proteins
- E - Milk and milk products
- F - Oil seeds

(b) Write down separately, one function of each of the food groups (B) and (E). (05 marks)

- **B**: Protects the body against diseases,
- helps to maintain vision and the health of hair and skin
- **E**: Helps for the growth of the body, helps to build and repair tissues

2019 Question and Answer

03. School medical tests have revealed that most of the students of Bharathi Vidyalaya are suffering from micronutrient deficiency diseases including Bitot spots.

(i) Name three other micronutrient deficiency diseases that the students of Bharathi Vidyalaya could be suffering from. (02 marks)

- Anaemia, goiter, Osteoporosis

(ii) Mention separately, one micronutrient that could be the cause for each of the diseases you named in (i) above. (03 marks)

- Anaemia - **Iron deficiency**
- Goiter - **iodine deficiency**
- Osteoporosis - **calcium deficiency**

(iii) Mention two actions that can be taken to assure food safety during each of the following situations. (05 marks)

(a) Choosing foods for consumption

- ✓ Keep food covered until consumption
- ✓ Avoid use of bruised or swollen tinned or packet food

(b) Food production

- **within the farm land**
- ✓ Adding pesticides according to recommended standards
- ✓ Use of natural pest control methods (e.g., Margosa juice)
- ✓ Use of organic fertilizer
- **within the factories**
- ✓ Ensuring cleanliness of raw ingredients
- ✓ Ensuring cleanliness of the manufacturing environment
- ✓ Maintaining personal hygiene of staff members

(c)Food transportation

- ✓ Use of wooden boxes and plastic baskets to prevent bruises and scratches
- ✓ Use covers to prevent contamination.

(d) Food storage

- ✓ Maintain the appropriate temperature within the stores according to the relevant food items.
- ✓ Correct use of refrigerators and deep freezers

(e) Food processing

- ✓ Avoid using food which has been damaged or consumed by animals
- ✓ Avoid using spoilt or mouldy food
- ✓ Keep pets away from the area in which food is prepared

2020 Question and Answer

03. Sri Lankans are facing numerous nutritional problems at present due to macronutrient and micronutrient inadequacies.

(i)

(a) State the two nutritional problems that are faced by people due to excessive and insufficient intakes of macronutrients.

1. Undernutrition
2. Overnutrition

(b) State separately, one feature that can be seen in people suffering from each of the two nutritional problems you mentioned in question (i)(a). (02 marks)

1. Undernutrition – Stunting, Wasting
2. Overnutrition – Overweight, Obesity

(ii) Three micronutrient deficiency conditions faced by some students are listed below. Name one symptom of a disease that results from each of the listed deficiency conditions.

(a) iodine deficiency

- Prone to develop goiter, Slowing of mental development, Poor concentration

(b) Iron deficiency

- Anaemia, Lethargy. Low birth weight babies, Fatigue

(c) Vitamin A deficiency

- Night blindness, Bitot's spots in the eye, Dryness in the eye, Weakness in sight**(03 m)**

(iii)

(a) Write with examples, an action that can be taken by the students to minimize each of the three nutritional deficiencies mentioned in question (3)(ii). (03 marks)

• Use of iodized salt when cooking
• Add fish and sea vegetables to the diet
• Include food rich in iron in the daily diet. Especially animal proteins (meat, eggs)
• Pregnant mothers should take a well-balanced iron rich diet
• Eat food that improves the absorption of iron (Lime with green leaves, fruits after a meal)
• Increase the daily intake of green- and yellow-coloured vegetables and fruits
• Taking the vitamin, A drops orally, which is given through state institutions
• Continue breast feeding up to 2 years of age

b) State two actions that have been taken by the Sri Lankan government to minimize the nutritional deficiencies mentioned in question (3)(ii). (02 marks)

- Providing oral Vitamin A drops
- Provide iron tablets to school children
- Encourage the consumption of iodized salt
- Organize nutrition awareness programmes

2021 Question and Answer

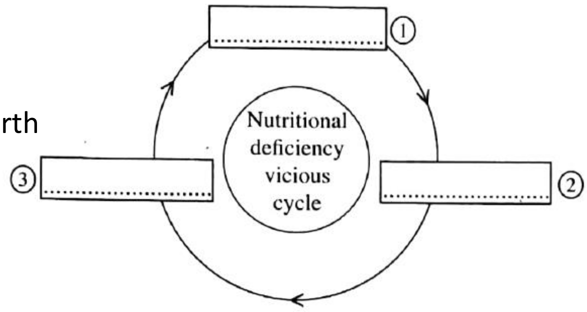
02.

(i) Mention how nutrients can be classified into two categories with examples. (02 marks)

- **Macronutrients -** Carbohydrate, protein and fat
- **Micronutrients -** Vitamins and minerals are micronutrients

(ii) The vicious cycle of nutritional deficiency is shown below. Mention the stages indicated by 1,2, and 3 in the correct order. (03 marks)

1 - Under nourished mother
2 - Under nourished child
3 - Under nourished young woman and childbirth



(iii) Write down five actions that can be taken to prevent food poisoning. (05 marks)

- Avoid consuming moldy foods
- Avoid consuming greened potatoes
- Avoid serving and storing acid-containing foods (e.g., pickles) in metal containers
- Avoid reusing oil for deep frying
- Avoid consuming foods attacked by pests
- Avoid mixing foods that are not compatible (which could result in poisoning)

2022 Question and Answer

02. Several facts disclosed at the School Medical Inspection (SMI) by the medical officer and the class teacher regarding the nutritional status of some students are listed below. Answer the questions based on this information.
Rizwi - Has a poor memory, lethargic, suffers from anemia.
Nadan - Has Bitot's spots on eyes, has a poor eye sight, frequently suffers from common cold.
Manike - Has a goiter, does not show an interest for studies, shows retarded growth in height.
Jane - Teeth are decayed, bones are likely to undergo fractures, shows growth retardation.

(i) Mention separately, the nutrients that were deficient in the above students to cause these symptoms. (02 marks)

- Rizwi - Iron deficiency
- Nadan - Vitamin A deficiency
- Manike - Iodine deficiency
- Jane - Calcium deficiency

(ii)Select three students from the above-mentioned four students and write down separately, an action that can be taken to minimize the nutritional problems faced by each of them. (03 marks)

- **Rizwi - Iron deficiency**
- • Include food rich in iron in the daily diet. Especially animal proteins (meat, eggs)
- • Pregnant mothers should take a well-balanced iron rich diet
- • Selecting iron fortified food.
- **Nadan - Vitamin A deficiency**
- • Increase the daily intake of green- and yellow-coloured vegetables and fruits
- • Taking the vitamin, A drops orally, which is given through state institutions
- • Continue breast feeding up to 2 years of age
- **Manike - Iodine deficiency**
- • Use of iodized salt when cooking
- • Add fish and sea vegetables to the diet
- **Jane - Calcium deficiency**
- • Increase the intake of food rich in calcium
- • Increase the intake of food rich in vitamin D
- • Consume food that helps to absorb calcium (lactose containing food)

(iii) Briefly explain five actions that can be taken to minimize/prevent the nutritional problems of your family members. (05 marks)

- Having a well-balanced healthy diet.
- Having meals at regular times and not skipping breakfast
- Engage in daily physical exercise and spend the day actively.
- Daily intake of water of a healthy person should be 1 ½ to 2 liters. Whenever you feel thirsty drink clean water.
- Large portions of seasonal food to be consumed during the season (Mango, Rambutan).
- Consume food to fulfil the daily requirement of calories

Clarification for students

Below is the set of question-and-answer under the topic of **" FACING CHALLENGES SUCCESSFULLY"** has been asking for 10 marks as the 04th consecutive question in Part-2 exam paper since past 08 years from 2015 to 2022. So, get proper training to answer this set of questions.
Best wishes for best results.

2015 Question and Answer

04. Explain, in brief, the ways you would follow to overcome the following challenges.

(i) Your friend's mother tells you that your friend, who is sitting for G.C.E. (O/L) Examination next year, is studying in his/her room from morning till midnight without engaging in any other activity.

- Approach your friend with concern and suggest incorporating breaks, relaxation, and diverse activities into their study routine. Emphasize the importance of balance for effective learning and mental well-being.

(ii) You are standing in a bus and you observe that the seated passengers are not willing to offer a seat to pregnant mother who got into the bus.

- Politely request seated passengers to give up their seats for the pregnant mother, highlighting the importance of compassion and consideration. If needed, involve the bus driver or other authorities.

(iii) You observe that three students from your class are threatening and bullying a new student who was admitted to your class recently, asking money to buy food from the canteen.

- Intervene immediately and report the bullying to a teacher or school authority. Support the new student, ensuring they feel safe and welcome in the school environment.

(iv) Your sister in her pre-adolescent years is having very little amounts of food for her main meals saying that she would become fat and ugly if she consumes more food.

- Express your concern to your sister and encourage a healthy attitude toward food. Discuss the importance of balanced nutrition for overall well-being and offer support in addressing any body image concerns.

(v) You observe that a child in your neighborhood often plays alone in an isolated land near your house.

- Approach the child and invite them to join group activities or play with other children in the neighborhood. Encourage social interaction and inform their parents or guardians about the situation to ensure their well-being.

(Marks 02 X 5 = 10)

2016 Question and Answer

4. Briefly explain the action that you would take, to overcome the following challenges.

(i) You become aware that one of your class mates is suffering from HIV/AIDS.

- I will make sure that my class mate will not be neglected or isolated from the class because of his situation, as HIV/AIDS will not be transmitted by engaging in day-to-day activities with him. I will ask him to seek medical advice because there are treatments to control the disease condition. I will not discriminate him because of his disease.

(ii) Your brother / friend always exceeds speed limits when he is driving.

- I will explain him that he should not exceed the speed limits when driving, because high-speed driving can cause accidents and fatalities. I will tell him that it can be harmful to him as well as others who will be affected (due to losses of financial, human and physical resources). I will remind him that if he is caught, he may be fined or subjected to other punishments.

(iii) An old lady comes to you and cries saying that his son left. her in the bus stand and went away, and all she has now is her bag with cloths.

- I will talk to that mother to know the details about what has actually happened to her. I will give something to eat/ drink. I will call the police hotline (119) and help them to take to a safe and secure place. If I have money, I will give some money to her.

(iv) You are watching the television while your brother is using his hand phone. Suddenly, a heavy rain falls with thunder and lightning.

- I will switch off the television at once, and ask my brother to stop using the hand phone. I will trip off the Main Switch (to minimize the damages that could occur as a result of lightening.)

(v) Your team is exploring a jungle and suddenly you are unable to see the surroundings because of an unexpected mist.

- I will stay calm and discuss with the team, what we can do to face this challenge, I will ask others to stay quiet because unnecessary shouting can scare the animals in the area. I will ask the group to sit in a safer place and wait until the mist clears, and help others to relieve their stress (by talking with them, explaining there's nothing to worry). I will inform the relevant parties about the situation.

(Marks 02 X 5 = 10)

2017 Question and Answer

4. Explain briefly, how you would act to overcome the following challenges.

(i) You get to know that some villagers in your hometown have been trapped in their houses because of floods.

Work together with villagers who are not victims of the natural disaster, to inform the relevant authorities to take the victim to safe place.

Seek assistance from relevant institutions and other parties to provide food, clothes, medicine, dry rations etc. to victims.

Try our best to provide all required items and help the victims to overcome the problems caused by flooding.

(ii) You are staying alone in your home and an unknown person comes and asks you to open the door saying that he came seeking a donation.

Ask him to leave immediately, saying calmly that I cannot open the door or give a donation at this moment.

(iii) Your obese friend asks you about the actions he/she can take to control his/her obesity.

Advise him not to consume instant foods and junk foods for main meals as a habit.

Explain the importance of consuming balance diets for main meals; ask him not to eat frequently throughout the day (avoid binge eating).

Advise him to engage in physical activities regularly.

Guide him to take adequate rest and sleep.

Guide him to reduce mental stress.

(iv) You hear one of your neighbors scolding his elderly mother, asking her to leave the house.

Talk to the son and kindly explain that it is not good to treat his parents that way because one day, he may face the same situation.

Explain that it is the right of the children to look after their elderly parents.

Ask him to talk to us if he needs any help on that.

(v) You see that your mother is taking your sister to tuition classes immediately after school on all five-week days and on weekends, to prepare her for grade five scholarship examination.

Explain that it is unfair to not give the opportunity for my sister to play, because she is still a child.

Explain that it will not be productive to continuously engage her in studies without any break because children need adequate rest, sleep and recreation for their mind to work efficiently.

Explain that there may be a risk for her to develop a mental illness.

Explain that it is doubtful whether she can get good results by adopting this method.

Make my mother understand that it will be more productive if my sister in given an opportunity to engage in recreational activities according to her liking as well.

2018 Question and Answer

4. Briefly explain how you would act to overcome the following challenges.

(i) You are required to prepare a leaflet to educate Grade 10 students about the ways to avoid sexual abuse.

- Research and compile information on preventing sexual abuse. Create a visually appealing leaflet with clear guidelines, contact information for support, and resources. Distribute it to Grade 10 students and discuss the importance of awareness.

(ii) Your younger brother tells you that he has been bitten by a dog.

- Examine the bite, clean it with mild soap and water, and apply an antiseptic. Encourage your brother to see a doctor for proper evaluation and potential rabies vaccination, if necessary.

(iii) You hear your friends mentioning that it may not be possible to pass the G.C.E (A/L) Examination if they do not get 'A' passes for all 9 subjects of the G.C.E. (O/L) examination.

- Share with your friends that success in G.C.E (A/L) doesn't solely depend on 'A' passes in all subjects. Emphasize the importance of a balanced approach, focusing on understanding and mastering key concepts.

(iv) You observe that your sister/ brother is not engaged in any sport or other co-curricular activities, but is interested only in attending tuition classes.

- Have an open conversation with your sister/brother about the benefits of engaging in sports and co-curricular activities for overall development. Encourage them to explore interests beyond tuition classes.

(v) Your adolescent brother/ sister always gets into fights with your parents.

- Initiate a calm and private conversation with your sibling to understand their concerns. Encourage open communication and, if necessary, suggest seeking professional help, such as family counseling, to address and resolve conflicts.

(Marks 02 X 5 = 10)

2019 Question and Answer

4. Briefly explain the actions that can be taken to overcome the following challenges successfully.

(i) Your friend seeks your advice on what he/she should do to show his/her best performance at the G.C.E. (O/L) Examination as well as at the All-Island School Games.

- I will advise him on how he can use time management to balance sports and studies and achieve success in both areas.

(ii) You notice that your little sister is getting ready to go to sleep without brushing her teeth after dinner on several days.

- I will explain that if she does not brush her teeth before going to sleep at night, it can deteriorate her oral health.
- I will direct her to follow the correct procedure when brushing teeth.
- I will explain that it is compulsory to brush teeth twice a day: in the morning and before going to sleep at night.

(iii) You notice that your elder brother is getting ready to ride a motor bicycle without wearing a helmet.

- I will tell him that it is essential to wear a helmet if he is riding a motor bicycle.
- I will tell him that carelessly riding motor bicycle without wearing a helmet could result in accidents.
- I will explain that failing to adhere to road rules could bring harmful effects to him as well as others.
- I will remind him that if he does not follow rules, the police will capture him and ask him to pay a fine.
- I will ask him not to forget to wear a helmet in future.

(iv) During a trip you went on with your parents, you observed that a group of people were illegally cutting trees in the nearby forest.

- Give a call to 119 and inform the responsible persons, record the incident using a camera/ mobile phone and inform the relevant authorities through parents.

(v) Although your school has kept labelled dustbins with three colours to dispose of different types of garbage as a waste management practice, you observe that a group of students dump all types of garbage to one dustbin.

- I will explain to them that what they have done is wrong, and ask them not to do it again. I will advise them to follow the correct procedure when disposing of garbage.

(Marks 02 X 5 = 10)

2020 Question and Answer

4. Briefly explain how you would act to overcome the following challenges successfully.

(i) Your brother/sister who is in Grade 10 tells you that it is difficult to stay at home doing nothing, as the school vacation is extending.

- Suggest constructive activities for your sibling, such as picking up a hobby, learning something new online, or volunteering for a community project to make the most of the extended vacation.

(ii) You get to know that your friends are planning to hold a party which results in violation of quarantine rules.

- Express your concerns to your friends about violating quarantine rules and propose alternative ways to connect virtually. Encourage responsible behavior to ensure everyone's safety.

(iii) You see that a neighboring family with a low income has become helpless during the curfew period.

- Reach out to the neighboring family, offering support in terms of essential supplies or helping them find local resources for assistance during the curfew period.

(iv) Your friend tells you that he/she could not engage in regular training and physical fitness activities during this long vacation because he/she had to stay at home, trying out various foods and asks you what he should do for it.

- Recommend creating a home workout routine for your friend, incorporating exercises that can be done indoors. Share online fitness resources and encourage a balanced approach to both nutrition and physical activity.

(v) After COVID-19 curfew, which was imposed to prevent the spreading of the disease is lifted, your mother asks you to bring some essential items from the nearby grocery store.

- Follow safety measures such as wearing a mask and maintaining social distance while going to the grocery store. Make a list of essential items and prioritize quick, efficient shopping to minimize exposure.

(02 x 5 = 10 marks)

2021 Question and Answer

4. Briefly explain how you would act to overcome the following challenges successfully.

(i) You came to know that a family that have been affected by a landslide has lost their dwelling.

- Mobilize support by reaching out to local authorities, community organizations, or relief efforts to provide assistance to the family affected by the landslide, offering both immediate relief and long-term support.

(ii) A friend tells you that he/she cannot sit for the G.C.E. (O.L) Examination because he/she could not participate in online lessons during COVID-19 period due to financial problems.

- Explore alternative options for your friend, such as seeking assistance from educational institutions, government programs, or NGOs that provide financial aid for students facing difficulties during the COVID-19 period.

(iii) You notice that two school children stay on the pedestrian crossing for a longer time, unable to cross the road due to the traffic jam. an isolated road

- Offer assistance to the school children by helping them navigate through the traffic jam, ensuring their safe crossing. If possible, inform relevant authorities about the traffic issue to prevent such situations in the future.

(iv) You see your sister who is in Grade 10, coming home alone in the dark on after finishing tuition classes.

- Express concern for your sister's safety and explore safer transportation options or coordinate with family members to ensure she has a secure way to come home after tuition classes, especially in the dark.

(v) You came to know that one of your elderly neighbours refuses to obtain the third dose of the COVID-19 vaccine because he/she is afraid of the different views of society on the vaccine.

- Engage in an empathetic conversation with your elderly neighbor, addressing their concerns about the COVID-19 vaccine. Share reliable information about the importance of vaccination and reassure them about the safety and benefits, emphasizing the community's collective well-being.

2022 Question and Answer

4. Briefly explain how you would act to overcome the following challenges successfully.

(i) Two persons come to your house when you are staying alone, and ask you to open the gate and the door to check whether mosquito larvae are present in your house premises.

- Politely decline and explain that you're not comfortable letting strangers into your home. Suggest alternative ways for them to check for mosquito larvae, such as using mosquito traps or repellents.

(ii) Your brother/sister who has passed to Grade 10 seeks your advice on selecting basket subjects in addition to compulsory subjects for C.G.E.(O.L.) Examinations.

- Offer guidance based on your sibling's interests and career aspirations. Consider subjects that align with their future goals and provide a balanced combination of academic and personal growth.

(iii) Your friend who is constantly gaining weight, asks you about what he/she can do to avoid it.

- Recommend a healthy lifestyle, including a balanced diet and regular exercise. Encourage your friend to seek professional advice from a nutritionist or a fitness expert if needed.

(iv) You see a person standing near the gate of your school, who is forcing the students to taste various kinds of colorful lollipops and lozenges saying that they are so tasty.

- Alert school authorities about the situation to ensure the safety of students. Refrain from tasting any items and advise your peers to avoid the person until the situation is addressed by school staff.

(v) A friend tells you that it is useless to engage in sports activities because you are preparing for the G.C.E.(O.L.) Examinations.

- Emphasize the importance of a balanced life and stress relief through sports. Explain that engaging in physical activities can enhance concentration and overall well-being, contributing positively to exam preparation.

(02 x 5 = 10 marks)

Clarification for students

Below is the set of question-and-answer under the topic of **"ATHLETIC"** has been asking for 5th question in part 2 paper in 2015, 2017 to 2019.

in accordance with in 2016, 2020 to 2022 the mentioned topic has been asking in 6th question in part 2 paper for obtaining 10 marks under this topic   So get proper training to answer this set of questions. Best wishes for best results.

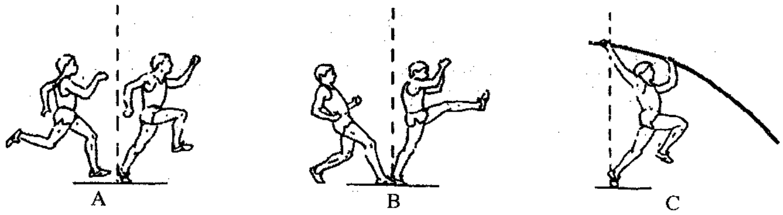
2015 Question and Answer

05.

(i) Explain two activities that you learned when practicing the correct style of running. (2m)

- Running forward, running backward, running sideways

(ii) Take-off stages of three jumping events are shown in figures A, B and C. Mention the events related to figures A, B and C, separately. (03 marks)



- A - Long jump   B – High jump   C – Pole vault

(iii)

(a) Although Kumar was the first competitor to finish the hurdles event, three hurdles broke as his foot touched them (unintentionally). If you were a judge, what would be your decision regarding the above situation?

- No fault, can give 1st place

(b) Spectators think that Kumar is good sportsman. Considering sportsmanship mention four characteristics Kumar may possess. (05 marks)

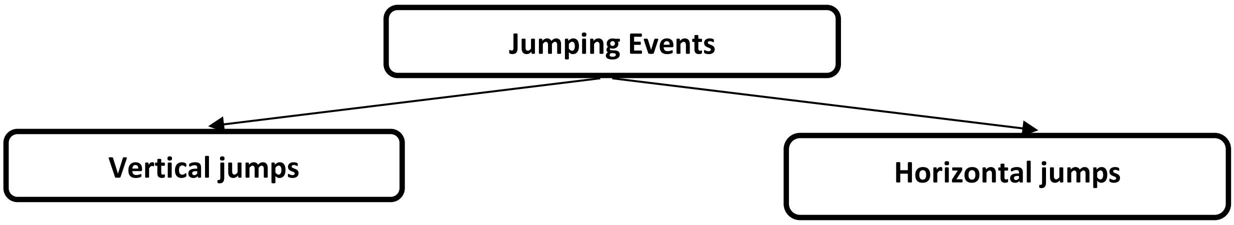
- Dedication, self-control, time management, accepting victory and defeat

2016 Question and Answer

06. (i) you have been assigned to train your house's 4 x 100m relay and 4 x 400m teams for baton change. Write down separately, which team will be trained for 'Visual Change' and which team will be trained for 'Non - Visual Change'. (2M)

- Visual Change - 4 x 400m
- Non - Visual Change - 4 x 100m relay

(ii) Draw a diagram to classify jumps using the words given below. Jumps, Pole vault, Vertical jumps, long jump, high jump, Triple jump, Horizontal jumps. (3M)



Pole vault, high jump

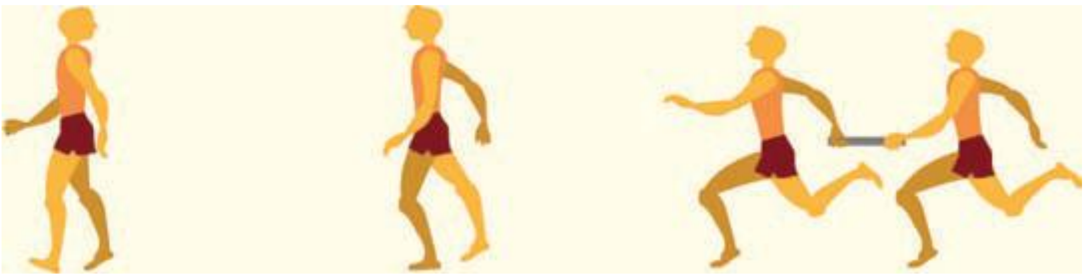
Long jump, Triple jump

(a) During a 4 x 100m relay race, within the changing zone, the baton falls while the 3^{rd} runner hands it over to the 4th runner. The 4th runner then picks the baton and finishes the event in the 1" place. If you are a judge, explain your decision regarding the above situation.

- The team should be disqualified because if the baton is dropped, the runner who drop it must pick it and then pass it to the next runner. Accordingly, the 3^{rd} runner must pick the baton and pass it to the 4th runner. In this case, the 4d runner has picked the baton and finished the race, which is wrong

(b) Design and explain two suitable activities that you will be using, to train your athletes for baton change. (5M)

- Get into groups of four and stand in lines. so that there
  is sufficient gap between two students in each line to change the baton.
  Begin from the student in the back of the line who gives the baton to the third student in it, the third to the second and then the second to the first in the front.
  Practise doing these activities, first standing in the same place, then walking, next running slowly and finally running fast.



2017 Question and Answer

05.

(i) The starter removed contestant No. 12 at the start of the 100m sprint. State two offences that could have caused the removal of contestant No. 12 at the first instance of the race. (2M)

- Contestant No. 12 taking too long to complete the stances relevant to "On your mark" and "Set" commands
- Taking a start that is disturbing to other contestants (e.g. making an unnecessary noise)
- Changing the stance and start moving before the sound of the pistol.

(ii) Athletic events can be classified using different methods. (3M)

Draw a suitable diagram to show the classification of track events using the following track events/ that event categories.100m, 800m short distance, 10000 m, long distance, 1 500 m, middle distance, 4 x 400 m relay, 400 m, 100 m hurdles, 5 000 m, marathon

- Short distance - 100m, 4 x 400 m relay, 400 m, 100 m hurdles
- Middle distance -5 000 m, 1 500 m, 800m
- Long distance - 10000 m, marathon

(iii)

(a) Assuming you are a judge, describe your actions during the following instance. Contestant No. 49 who won the first place in hurdles event, took his/ her foot outside of the hurdle when clearing each hurdle. (5M)

- Disqualify contestant No. 49 because he has done an offence

(b) Describe two activities that can be used to train the beginner athletes of your school for javelin throw.

- Throw the javelin into the ground 3 -4 m ahead with a stabbing action, so that the tip touches the ground
- Throw a light - weight ball over the head
- Pull the javelin behind the head and stab it forward
- Throw the javelin forward from the power position.

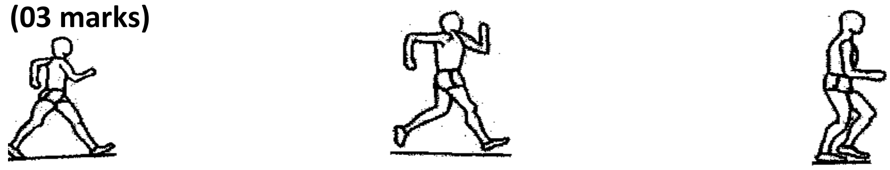
2018 Question and Answer

05.

(i) Athlete No.12 is participating in a horizontal jumping event while athlete No.24 is participating in vertical jumping event at the National School Games Festival. Write down separately, two jumping events that each of the two athletes No. 12 and No.24 could possibly be taking part in. (02 marks)

- Athlete No. 12 - Long jump, Triple jump
- Athlete No. 24 - High jump, Pole vault

(ii) Some stages of three athletes participating in a race-walking competition are shown in the below diagram. Explain separately, your ideas about each of three stages by giving reasons. (03 marks)



(a) (b) (c)

- (a) A correct race-walking stage because at least one foot of the athlete is in contact with the ground
- (b) A wrong race-walking stage of the lack (/loss) of contact with the ground
- (c)- A wrong race-walking stage because the advanced leg is bent from the knee after the first touch

(iii) Explain two activities that are suitable to develop the throwing technique of a beginner competitor your house, who is participating in the discus throw. (05 marks)

- Place a flag pole and throw a loop so that it falls on the flag pole.
- Roll the discus on the ground by releasing it from the index finger.
- Release the discus to air using the rotation method.
- Stand by keeping your legs parallel and release the discus to the front.
- Stand by keeping one leg forward and release the discus to the front.
- Turn to a side and throw the discus
- Turn a complete circle and throw the discus

2019 Question and Answer

05.

(i) Two techniques used by the two athletes No.15 and No.20 during their events are given below.

Athlete No. 15- Hitch kick technique - long jump

Athlete No. 20 - Fosbury flop technique – High jump

Write down separately, the events of the two athletes. (02 marks)

(ii) A draft results sheet prepared by a judge who judged a high jump event is given below.

Athlete No.	Height					Failures	Re-jumps		Place
	1.76	1.80	1.84	1.88	1.91		1.89	1.91	
52	0	×0	0	×0	×××	2	0	×	
64	-	×0	-	×0	×××	2	0	0	
76	-	0	×0	×0	×××	2	×		
88	-	×0	×0	×0	×××	3			

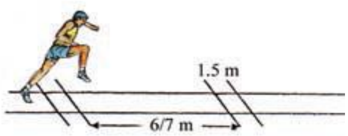
O = Successful jump **X = No jump** **- = Pass**

According to the above results sheet, write down the numbers athletes who first, second and third places separately. (03 marks)

- 1st – 64 2nd – 52 3rd - 76

(iii) If you have been provided a suitable playground and the following equipment, design and describe two activities that are suitable to train beginner athletes for hurdles.

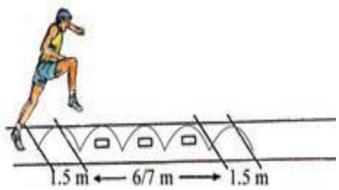
- **Line to mark the play area**
- **Some cardboard boxes with a considerable height (depending on the number of athletes)**
- **Approximately 3m long pieces of rope (depending on the number of athletes)**
- Place in a limited area of the playground some obstacles like cardboard boxes that are not very high, and run about freely jumping over the boxes from time to time.





- Mark some gaps on the ground as shown in the picture. Run the 7-meter gap in three steps jumping over the 1.5-metre gap.

- Now place some small obstacles in the 1.5m gaps and continue doing the same activity.



2020 Question and Answer

06.

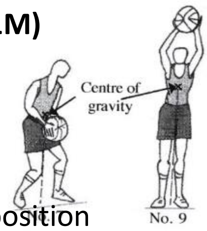
(i) Mention one example each of a static posture and a dynamic posture that you would maintain while you are practicing the march past of the inter-house sports meet. (2marks)

- **Static postures:** Standing in attention, Standing at ease
- **Dynamic postures:** Time mark, Forward march, Right turn, Left turn

(ii) The diagram shows two occasions in which players 7 and9 are holding the ball during a basketball game.

(a) Out of these two players, write the number of the player who is more stable. (01M)

- Player No. 7



(b) Give reasons for your answer. (02 marks)

- Because player no. 7 has bent his knees, his centre of gravity is in a lower position compared to that of player no. 9.
- The supporting base of player no. 7 is wider than that of player no.9.

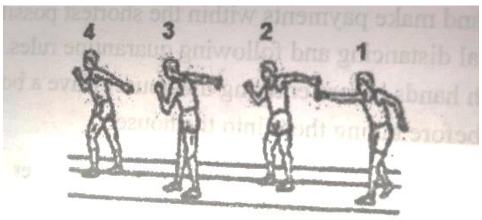
(iii)

(a) In a relay race, during the baton change, the third runner dropped the baton within the changing zone. Which runner should pick the baton to complete the race? (01 mark)

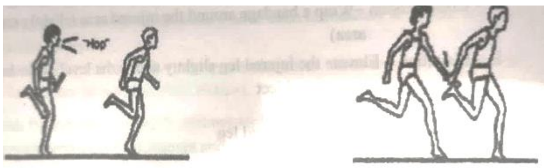
- 3rd runner

(b) Assume you are given the task of training the Under 16, 4 x 100 m relay team and you have taught a baton changing method to them. Design and write two suitable activities to practice the baton changing method you taught earlier. (04 marks)

- Instruct 4 students to stand in a line as shown in the diagram.
- The 1 student will carry the baton in his right hand and pass it to the left hand of the 2nd student.
- The 2nd student will carry the baton in his left hand and pass it to the right hand of the 3d student.
- The 3rd student will carry the baton in his right hand and pass it to the left hand of the 4th student.



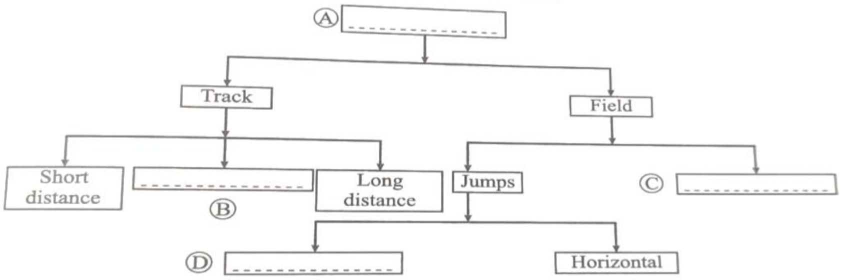
- Two students will practice baton changing while walking.
- Then the two students will change the baton while running as shown in the following diagram.



2021 Question and Answer

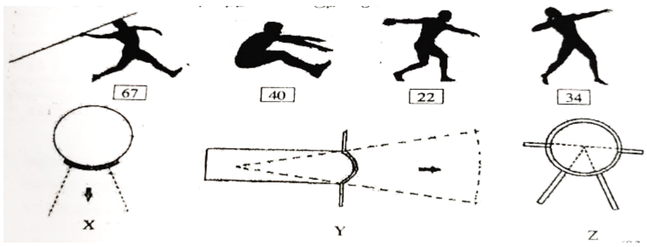
06.

(i) A classification of a group of athletics events is given in the following diagram. Fill in the blanks denoted by the English letters using the given below.



A – Track and field B - Middle distance C - Throws D - Vertical

(ii) Three play areas X, Y and Z and four athletes with numbers 67, 40, 22 and 34 are shown in the following diagram. Of these athletes, write down separately, the numbers of athletes who should report to the play areas X, Y and Z for their event.



67 – Y 22 – Z 34 - X

(iii) Explain giving reasons, your decision as a judge during the following instances of the school athletics competition.

(a) Three athletes in a 100 m race reached the vertical plane of the near edge of the finish at the same time as given below.

Athlete No	The body part that reached the finish line
63	Head
84	Neck
90	Torso

State the number of the athlete to whom the you will award the first place.

- 90

(b) A shot putter left the circle from the back half after completing his/her attempt.

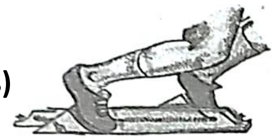
- Record his throw as a throw jump
- According to the rules and regulation, an athlete should leave the circle from the back half after completing his or her attempt

(c) A long jumper spent more than one minute to start his/her attempt after his/her number has been announced.

- Cancel the attempt (mark the attempt as foul)
- A long jumper must start his or her event within one minute after announcing his or her number.

2022 Question and Answer

06. The diagram shows a posture of an athlete who is starting an event in response to the commands, according to a starting method.

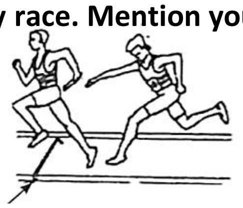


(i) Name this staring method and the posture. (02 marks)

- Crouch start, set Posture

(ii)

(a)The diagram shows the baton change during a relay race. Mention your decision as a judge in this competition.



- Correct change

End of the baton-changing zone

(b) Give the reasons for your decision. (03 marks)

- Batton changed inside the baton changing zone



(iii)

(a) Explain giving reasons, the accuracy/inaccuracy of clearing the hurdle of the athlete shown in the diagram.

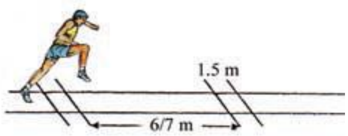
- Wrong posture because his leg is in the out of the hurdle.

(b) Name the muscle fibre type that could be found abundantly in the legs of this athlete and write a characteristic of this muscle fibre type.

- **Fast twitch fibres**
- white Colour, more Storage food (glycogen), more speed contraction, less Aerobic respiration, more Anaerobic respiration

(c) Explain an activity that is suitable to train the technical skill of beginner athletes who will be participating in a hurdles event. (05 marks)

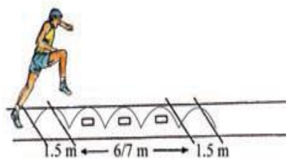
- Place in a limited area of the playground some obstacles like cardboard boxes that are not very high, and run about freely jumping over the boxes from time to time.





- Mark some gaps on the ground as shown in the picture. Run the 7-meter gap in three steps jumping over the 1.5-metre gap.

- Now place some small obstacles in the 1.5m gaps and continue doing the same activity.



Clarification for students

Below is the set of question-and-answer under the topic of **"MUSCULOSKELETAL SYSTEM"** has been asking for 6th question in part 2 paper in 2015, 2017 to 2019.

in accordance with in 2016,2020 to 2022 the mentioned topic has been asking in 5th question in part 2 paper for obtaining 10 marks under this topic So get proper training to answer this set of questions. Best wishes for best results.

2015 Question and Answer

06.

Use information about numbers of athletes and the muscle characteristics of the two athletes given in the table below to answer following questions.

Athlete No. 86	Athlete No. 53
Uses aerobic system as the main method to produce energy during the event.	Uses anaerobic system as the main method to produce energy during the event.
Muscle contraction rate is slower compared to athlete No. 53.	Muscle contraction rate is faster compared to athlete No. 86.

(i) Write down the numbers of the short-distance runner and the long-distance runner separately. (02 marks)

- short-distance runner - 53
- long-distance runner -86

(ii) Mention the number of the athlete who is more suitable for the high jump event. State the reasons for your answer. (03 marks)

- 53 because containing FTF

(iii) Out of the 02 athletes, one athlete has a higher capillary density in his muscles and larger fat stores compared to the other athlete.

(a) Write down the number of the athlete with a higher capillary density and larger fat stores.

- 86

(b) Explain separately, the reasons for the increase in capillary density and fat stores of this athlete. (05 marks)

- **reasons for the increase in capillary density**
- Because works for a long time and because requires more power
- **reasons for the increase in fat stores**
- Because works for a long time and because requires more power

2016 Question and Answer

05. Leg muscles of athlete No. 16 has a higher percentage of Fast - Twitch Fibers (FTF). Muscles of athlete No. 25 has a higher percentage of Slow - Twitch Fibers (STF). Use the above information to answer the following questions.

(i) Write down separately, the athletes who are more suitable for long jump and marathon. (02 marks)

- Marathon - Athlete No. 25, Long jump - Athlete No. 16

(ii)Name three compounds/fuel sources that supply energy for muscle contraction in the above athletes. (03 marks)

- Adenosine triphosphate (ATP), Creatine phosphate, Glycogen, Glucose, Fatty acids, Proteins/amino acids

(iii) Using suitable equations, describe the two energy systems that the marathon runner and the long jumper will be using predominantly, to produce energy during their events. (05 marks)

Marathon runner:

The marathon runner uses aerobic energy system predominantly during his event because he needs a large amount of energy at a slower rate. In this system, glucose, fatty acids (and proteins) are oxidized (Oxygen is required for this reaction) to produce energy, which will be used to resynthesize ATP from ADP. Carbon dioxide and water are produced during reaction. A large amount of ATP can be generated using this system, but it needs a longer time. Glucose / fatty acids/ (amino acids) + $O_2 \rightarrow CO_2 + H_2O$ + Energy

Long jumper

For his event, the long jumper needs a burst of energy at a rapid rate. Therefore, his muscles used the creatine phosphate (CP) system, which produces energy at a very rapid rate. In this energy system, energy is released when creatine phosphate is broken down to creatine and phosphate. CP $\rightarrow$ Creatine (C) + phosphate (P)

2017 Question and Answer

(i) One feature of each of the two muscle fibre types A and B are given below. (02 marks)

A muscle fibre - Stored food (glycogen) content is greater when compared to B fibres

B muscle fibres - Involvement in long - duration exercise is higher compared to A fibres

State one other feature of each of the two muscle fibres types A and B, separately.

Characteristics	Fast twitch fibres	Slow twitch fibres
Colour	white	red
Storage food (glycogen)	more	less
Speed of contraction	more	less
Aerobic respiration	less	more
Anaerobic respiration	more	less
Resistant to fatigue	less	more
Involved in high impact sports	more	less
Involved in long duration	less	more

(ii)

(a) State two field events that you would recommend for an athlete who has more type A muscle fibres in his/ her arms and legs

- Shot put, Discus, Javelin, high jump, long jump

(b) Briefly explain the distribution of the two muscle fibre types mentioned in (i) above, in the legs of a trained football player. (03 marks)

- It can be assumed that A and B fibres are distributed in equal amounts / proportions because a player needs red muscle fibres for staying in the ground for a longer period while matches are being held, and white muscle fibres for instant actions such as running fast in the field and kicking.

(iii)

(a) 'Muscular strength' is one of the health - related physical fitness components that help a person to maintain good health. Write two other health - related physical fitness components.

- Cardio vascular fitness, Flexibility, Muscular endurance, Body composition

(b) Explain two activities that can be helpful in developing one physical component you mentioned in (a) above. (05 marks)

- Activities to develop cardio vascular fitness - Brisk walking, Jogging, Swimming
- Activities to develop muscular endurance - Pushups, Dips, Cycling, Hiking

2018 Question and Answer

06. The muscle fibre types present in higher amounts in the legs and hands of four athletes, according to the results of a biopsy test, are given in the following table.

Athlete No	Muscle fibre type
74	Red muscle fibres
86	White muscle fibres
63	Red muscle fibres
92	White muscle fibres

(i) Of the above athletes, state the numbers of two athletes who will be more suitable to compete in 10000m event. (02M)

- Athlete no 74 and 63
- Athlete no 86 and 92

(ii) State a number of an athlete who will be more suitable to compete in high jump and explain the reasons for your answer. (03M)

- Because high jump is an event that requires quick energy, energy should be produced rapidly by anaerobic respiration, White fibers have a greater ability to produce energy anaerobically. Since the above player has more white muscle fibers, he is more suitable for the high jump event (uses FTF to produce energy at a rapid rate.)
- CP ⟶ Creatine (C) + phosphate (P)

(iii) Explain the major process that is taking place to generate energy in the muscles of an athlete participating in the 10000m event. (05M)

Glucose $\xrightarrow{O_2}$ CO_2+ H_2O + Energy

fatty acids $\xrightarrow{O_2}$ CO_2+ H_2O + Energy

- The energy produced by the above reactions are used to produce ATP according to the following reaction.

ATP ⟷ ADP + P+ Energy

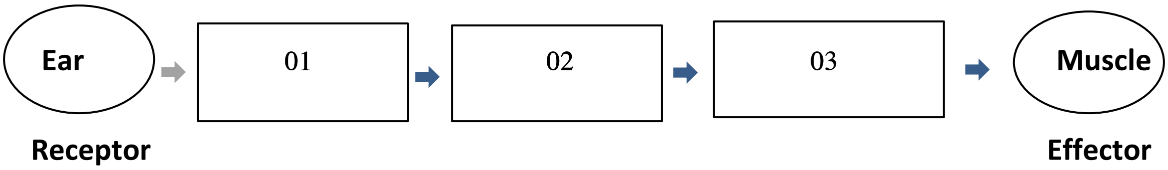
2019 Question and Answer

06.

(i) Mention two characteristics of the muscle fibre type that can be found in abundance in the legs of a marathon runner. (02M)

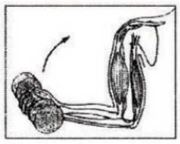
- Red colour, lower contraction rate, Less Anaerobic respiration, More Aerobic respiration

(ii) Complete the following diagram which show how a nerve impulse is transmitted through the nervous system after a short distance runner hears the sound of the gun at the start. (03M)



1 – Sensory neuron 2 – Inter neuron 3 – Motor neuron

(iii) The figure shows how an athlete lifts a dumb-bell by bending the lower arm at the elbow. (05M)



(a) As which type of a lever does the lower arm act in this instance?

- Type iii lever

(b) Copy the figure given in the box to your answer script, and mark the positions of the fulcrum, the load and the effort during this activity.

- Load – The dumb bell
- Fulcrum – The elbow
- Effort – The bicep muscle

2020 Question and Answer

05. The following table shows some details of muscle fibres that are abundantly found in arms and legs of a weightlifter and a marathon runner who won Gold Medals at Olympic Games. Accordingly, answer the questions given below.

The special characteristic of muscle fibres	Athlete A	Athlete B
Colour	White	Red
Contraction speed	High	Low
Anaerobic respiration	High	Low
Aerobic respiration	Low	High

(i)

(a) Write separately, the letters that denote the weightlifter and the marathon runner.

- Weightlifter - Athlete A, Marathon runner - Athlete B

(b) In addition to the characteristics listed in the table, mention one other characteristic of the muscle fibres that could be found abundantly in the arms of the weightlifter. (02M)

- More stored fuel (glycogen), Less resistant to fatigue
- More involvement in high impact sports, Less involvement in long-duration exercise

(ii) (a) Creatine Phosphate ⟶ Creatine + Phosphate + energy

Which of the two athletes uses the above-mentioned energy system to produce most of the energy during his/her event? (01 mark)

- Weightlifter/Athlete A

(b) Briefly explain the reasons for your answer. (02 marks)

- The weightlifter spends a very short time for his event.
- He needs instant energy for the event.
- Energy can be produced rapidly using the energy system shown in the question (to resynthesize ATP).
- Therefore, the weightlifter uses the energy system shown in the question to produce energy during his event.

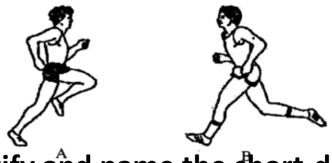
(iii) An athlete participating in an event of your school's inter-house sports meet leaves the field because of a muscle strain (torn muscle). Assuming you are a member of the first aid unit. briefly explain how you would give first aid to him/her. You are equipped with a bed sheet, ice cubes, bandages, a piece of cloth and a supporting object only. (05 marks)

- R - Rest - Spread the sheet on the ground and allow the patient to lie down
- I - Ice - Apply ice (covered by a cloth) to the injured area of the leg
- C - Compression -Wrap a bandage around the injured area (slightly compress the injured area)
- E- Elevation - Elevate the injured leg slightly above the level of the heart using the supporting object

- P - Protection - Protect the injured leg
- R-Rest (described above)
- I- Ice (described above)
- C- Compression (described above)
- E- Elevation (described above)
- S - Support - Provide support to the patient until he recovers

2021 Question and Answer

05. The following two diagrams show two events in which the two athletes A and B participate. Study these diagrams and answer the following questions.



(i) Of the two athletes, identify and name the short-distance runner and write down a reason for your identification. (02 marks)

- Short-distance runner – A
- Reasons for selection: - A's knee is raised more compared to B.- A's elbows are bent approximately 90°C; B's elbows are bent only slightly compared to A

(ii) State with reasons, the energy system that is mostly used by athlete B to produce energy for his event. (03 marks)

- Aerobic energy system
- B is a long-distance runner. It takes a longer time for B to complete his event and needs a large amount of energy. Aerobic energy system can supply a large amount of energy at slower rate

(iii)

(a) Mention separately, the muscle fibre types that could be found abundantly in legs of athletes A and B.

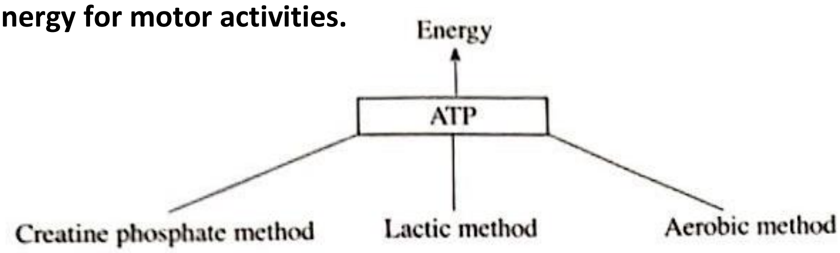
- A – FTF B - STF

(b) Write down two characteristics of each of the two muscle fibre types you mentioned above in question (iii) (a). (05 marks)

Characteristics	Fast twitch fibres	Slow twitch fibres
Colour	white	red
Storage food (glycogen)	more	less
Speed of contraction	more	less
Aerobic respiration	less	more
Anaerobic respiration	more	less
Resistant to fatigue	less	more
Involved in high impact sports	more	less
Involved in long duration	less	more

2022 Question and Answer

05. The following chart shows three energy supplying methods that produce ATP, which provide energy for motor activities.



(i)Mention the two methods that supply energy to produce ATP without using oxygen. (2)

- Creatine phosphate method
- Lactic method

(ii) Write down separately, two examples for track events that use each of these three methods to produce energy (03 marks)

- CP Method- 100m, 200m, 100m, Hurdle, 110m Hurdle, 4x100m relay
- Lactic method - 400m 800m 4x400m relay 1500m 3000m
- Aerobic method- 10000m 5000m, Marathon

(iii) Explain the mechanism of producing energy for sports events using oxygen. (05 marks)

- This method is used to obtain energy from glucose or fat acid.
- Glucose or fat acid combines with oxygen to provide energy.
- The energy is converting ADP into ATP.
- Carbon dioxide and water is expelled.
- **Glucose** O_2 (**oxygen**) $\longrightarrow$ CO_2 +water + energy ⬆
- fatty acids O_2 (**oxygen**) $\longrightarrow$ CO_2 + water + energy ⬆
- $C_6H_{12}O_6$ O2 $CO_2 + H_2O$ + energy

Clarification for students

Below is the set of question-and-answer under the topic of **" VOLLEYBALL"** has been asking for 10 marks as the **07th (A) consecutive question in Part-2 exam paper** since past 08 years from 2015 to 2022. So, get proper training to answer this set of questions.
Best wishes for best results.

2015 Question and Answer

(i) You have been appointed as the coach of the new volleyball team of your house. Explain your views about the two services shown in diagrams 1 and 2. (02 marks)



①



②

- When serving at 1, stepping over the service line and keep the foot into the court is a wrong service.
- When serving at 2 the service is correct as the foot is placed outside the service line.

(ii) Explain three instances in which the ball is considered 'out', to your team members. (3M)

- Ball falls completely outside the boundary line
- Any contact with persons not involved in the game, objects outside the field of play
- Passing the ball completely to the opponent through the gap below the net

(iii)

(a) In an inter-house volleyball match between the two teams 'Gemunu' and "Thissa', after the ball was touched by two 'Gemunu' players, the third player hit the ball over the net and into the opponent's side ("Thissa'). Explain your decision regarding this situation.

- Correct and continue play

(b) Briefly explain two activities that you can use to train the new players for service. (05M)

- Serving without the ball
- Serving the ball between the two
- Serving close to the net
- Serve by using the volleyball court
- Serving over the rope

2016 Question and Answer

(i) You have been appointed as a coach to develop the spiking technique of your house's volleyball team. In your class, you learned that spiking can be broken down into four skills. You can easily develop spiking skills of your players using this concept. The first two skills are 'Approach' and "Take-off'. Name the other two skills according to this breakdown. (2M)

- Hitting the ball
- Landing

(ii) Explain how your body should be kept in the air after the take-off. (03 marks)

- When in the air;
- The body of the spiker should be bent backwards like a bow.
- The palm of the hitting hand should be raised above and behind the head
- The free arm should lie upright before the body+ The eves should be focused on the ball.

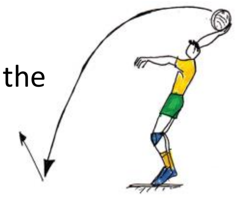
(iii)

(a) During a volleyball match between the two teams 'Mayura' and 'Paravi', after a 'Mayura' player serves, a 'Paravi' player hits the ball while it is on the top of the upper line of the net. If you are a referee, what will be your decision regarding the above situation?

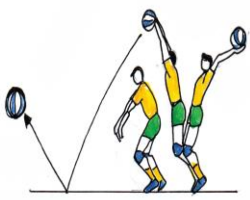
- Award the service and a point to "Mayura" team because "Paravi" Player's action is a foul.

(b) Design and explain two suitable activities that you will be using, to improve the spiking technique of your players (use diagrams when necessary). (05 marks)

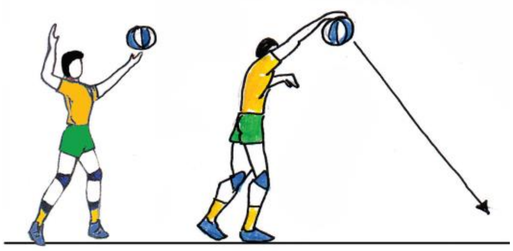
- Hold the ball with one hand, raise it above the shoulder and fling it onto the ground with great force.



- Hold the ball with both hands and fling the ball on to the ground with great force dashing forwards with the body bent backwards like a bow.



- Drop the ball that is held in the non-dominant hand and hit it with the dominant hand.

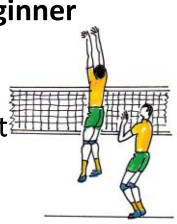


2017 Question and Answer

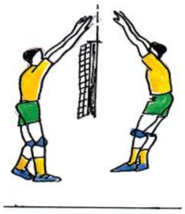
(i)Assume that you have been assigned the task of coaching your house's volleyball team. State the two main service methods that you will be teaching your team members.

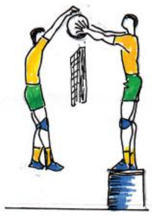
- Over arm service
- Under arm service

(ii) Using Suitable diagrams, explain two activities that can be used to train the beginner volleyball players of your house for the 'blocking' skill.



- ✓ Take-off properly at the net that has been tied at a lower level to suit the height of the players and practise blocking without using the ball.
- ✓ Two players take off from opposite sides of the net and touch each other's hands pretending to block the ball.

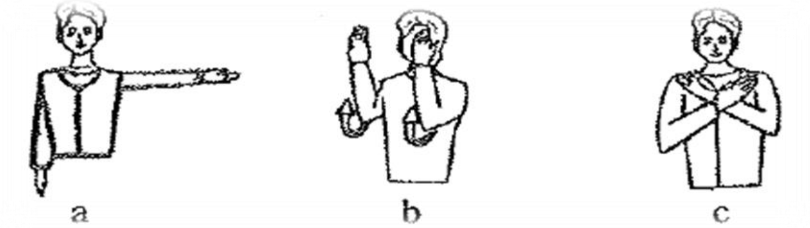




- ✓ The ball is held above and close to the net and the players practise blocking by touching the ball.

(iii)

(a) Some hand - signals used by a referee during a school's inter-house volleyball match are shown below. Explain the occasions that require the use of each of the given signals.



a- Indicate the team to serve
b- Ball 'out'
c- End of a match or set

(b) In a volleyball match between Northern and Southern Provinces, player No.5 of the Northern team blocked the ball and hit it above the net, towards the Southern team. After the hit, the ball landed on the ground of the Southern team's side. If you are a referee, explain how you would act during the above instance.

- Blow the whistle and stop the game, consider the pass as a correct pass and award a point and the service to the north team.

2018 Question and Answer

(i) Write down the action that you will be taking as the referee, when a beginner volleyball player of your school commits a positional fault during a practice match. (02 marks)

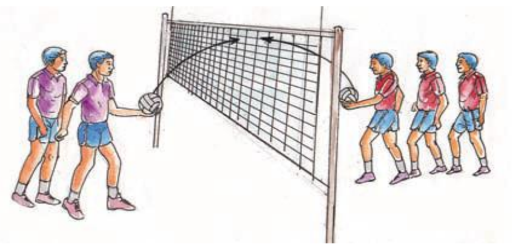
- Stop the game, indicate that a positional fault has occurred, and award the service and a point to the opponent team.

(ii) During the volleyball match between the Central and Southern province teams, the referee awarded the service and point to the Southern province team following an offence related to the ball, which was committed by a Central province team player. List three offences that the above-mentioned Central province team player may have committed. (3)

- Serve by placing the ball on the palm
- Holding the ball
- Ball out and Double hits
- Catching or throwing the ball
- Blocking the opponent service

(iii) Describe two activities that are suitable to train beginner volleyball players to develop under arm service.

- Do the under-arm service without the ball
- Do the under-arm service with the ball
- Do the under-arm service so that the ball hits the net
- The two teams stand about 4 to 5 metres away from the net on either side of it and using the under-arm service serve the ball to strike the net



- Get into two groups and stand 5 to 6 metres apart from each other.
- Practise the under-arm service by serving the ball to the other team.
- Move to the back of your line when your chance is over



2019 Question and Answer

(i) As a referee, state the penalty that you would issue for faults committed during volleyball service (02 marks)

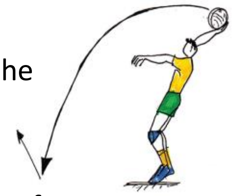
- Award the service and a point to the opponent team

(ii) During volleyball match between the teams from North-western province and Western province, a player from North-western team hits the ball after blocking it by himself. Giving reasons, explain your decision during this situation as the referee. (03 marks)

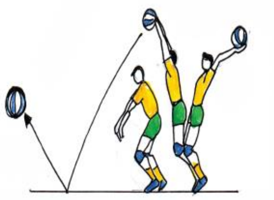
- Continue the play because it is not a fault.

(iii) If you are assigned to train beginner volleyball players for spiking, describe two suitable activities that can be used to practice the spiking skill after training the team for the spiking technique. (05 marks)

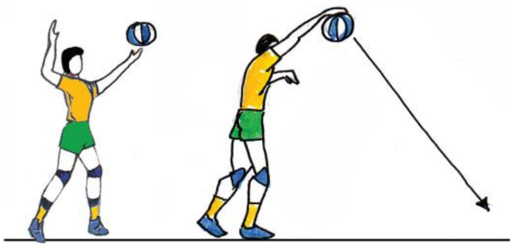
- Hold the ball with one hand, raise it above the shoulder and fling it onto the ground with great force.



- Hold the ball with both hands and fling the ball on to the ground with great force dashing forwards with the body bent backwards like a bow.



- Drop the ball that is held in the non-dominant hand and hit it with the dominant hand.



2020 Question and Answer

(i) State two skills of volleyball. (02 marks)

- Service/serving, Receiving
- Setting, Spiking
- Blocking, Court defending

(ii) During a volleyball match between the teams of Western and North Western provinces, the players of the Western province team committed rotational faults. Explain with reasons, your decision in this instance as referee. (03 marks)

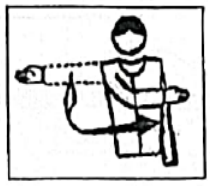
- It is a fault.
- Award service and a point to the North Western province team.
- Reposition the players in the correct order.

(iii)

(a)

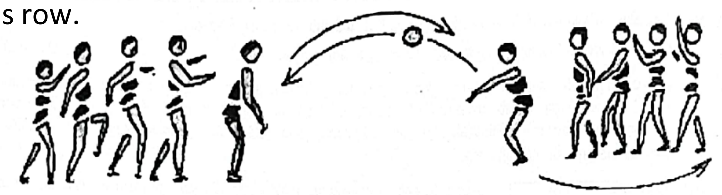
The diagram shows an official hand signal given by a volleyball referee. What is indicated by this signal? (01 mark)

- Authorization to serve
- Moving hand indicates the direction of service

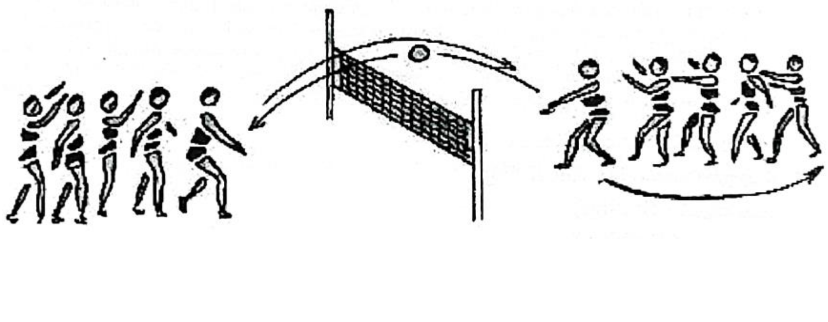


(b) If you have been provided with 12 players and two volleyballs, select one of the skills you mentioned in question A(i), and design and write two suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 marks)

- Divide students into two groups and line them up as shown in the diagram.
- The first player of row A does the receiving according to the correct technique and moves to the back of his row.
- Repeat this process.



- Practice the above activity with the net (lowered; as shown in the diagram).
- The first team who completes the receiving skill will be the winner



2021 Question and Answer

(i) You have been assigned to train the volleyball team of your house for the school's inter house volleyball tournament.

(a) Including the reserve players, how many players can be registered for one team?

No. of players that can be registered: 12

(b) How many players can be allowed to play in a team during a volleyball match of that tournament? (02 marks)

No. of players per team: 06

(ii)Write down three infringements that could occur during volleyball service. (03 marks)

- The server steps on the service line
- The server steps over the service line
- Serving while holding the ball on the palm
- Throw and catch the ball after the signal
- Start the service before the signal

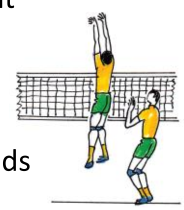
(iii)

(a) Explain the 'Joint Block' in volleyball.

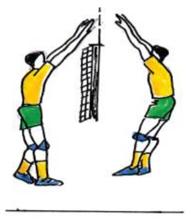
- When two or three players join together and perform blocking, it is called a joint block

(b) Write down two suitable activities to practice the blocking skill of grade 10 students after training this skill. (05 marks)

- Take-off properly at the net that has been tied at a lower level to suit the height of the players and practise blocking without using the ball.



- Two players take off from opposite sides of the net and touch each other's hands pretending to block the ball.





- The ball is held above and close to the net and the players practise blocking by touching the ball.

2022 Question and Answer

i) Name the skill that is required to start a volleyball game and mention one method to perform this skill. (02 marks)

- Service (Over hand service and Under arm Service)

(ii) During a volleyball match between Gemunu and Parakum teams, following a spike shot by Gemunu team, the ball hit the flexible pole and landed on the ground of Parakum team. Giving reasons, explain your decision as a referee during this situation. (03 marks)

- Award the service and a point to the Parakum team
- ball hit the flexible pole and landed on the ground of Parakum team.

(iii)

(a) Mention the person/persons who is/are eligible to request a time-out in volleyball.

- Permanent Coach
- Team Captain

(b) Explain a suitable activity to practice the technique of the skill required to start a volleyball game, that you mentioned in 7 (A) (i). (05 marks)

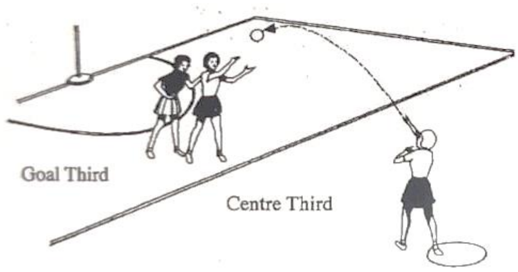
- Serving without the ball
- Serving the ball between the two
- Serving close to the net
- Serve by using the volleyball court
- Serving over the rope

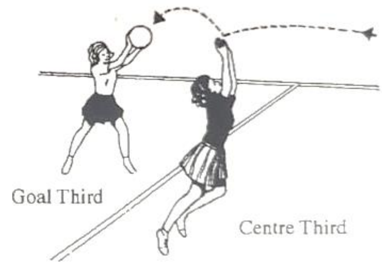
Clarification for students

Below is the set of question-and-answer under the topic of **"NETBALL"** has been asking for 10 marks as the **07th (B) consecutive question in Part-2 exam paper** since past 08 years from 2015 to 2022. So, get proper training to answer this set of questions.
Best wishes for best results.

2015 Question and Answer

(i) You are appointed as the coach of your house's netball team. Explain your views about the two centre pass instances shown in figures 1 and 2 to your team members. (02 marks)





- No 1 is fault because not receiving the centre pass from centre third.
- No 2 is correct because receiving the centre pass from centre third.

(ii) Explain three instances in which a Toss-up /Throw up will be awarded to a team during a netball match, to your team members. (03 marks)

- ✓ opposing players gain simultaneous possession of the ball with either or both hands;
- ✓ opposing players simultaneously knock the ball out of court;
- ✓ opposing players are simultaneously offside, one in possession of or touching the ball;
- ✓ opposing players make simultaneous contact;

(iii)

(a) During an inter-house netball match between the 'Red' team and the 'Blue' team, the Wing Attack WA of the 'Red' team caught the ball which she dropped at the Centre Third, and passed it to the Goal Attack-GA of the 'Red' team. Explain your decision regarding the above instance.

- Awarding free pass from where fault made

(b) Explain two activities that can be used to train throwing and catching skills of new netball players. (05 marks)

- Changing the ball between two hands
- Throw and catch the ball
- Throw on the wall and catch

2016 Question and Answer

(i) You have been appointed as a coach of your house's netball team. Name the two methods that you will be teaching your team members, to perform the shooting skill.

- Single hand shooting, Double hand shooting

(ii) Explain in steps, how you would develop the shooting skill of your team members.

- Keep the body balanced by Positioning the legs slightly apart.
- Hold the ball above the head and in front of the forehead with one hand or both hands.
- Start shooting by bending the knees slightly
- Stretch the arms as the body straightens from the knees. Then push the ball upwards with the wrist whilst aiming at the ring on the goal post.

(iii) (a) During a netball match between the 'Red' and 'Blue' teams, when the red team's Goal shooter - Gs is getting ready to shoot, the blue team's Goal keeper - GK, standing less than 3 feet (0.9m) from the Red team's GS, blocks the shooting by spreading her hands. If you are umpire, what would be your decision regarding the above situation?

- Stop the game, instruct the Blue team's GK to stand the Red team's GS, and award a penalty pass or a shoot to Red team's shooter.

(b) Design and explain two suitable activities that you will be using, to improve the shooting

- Practise shooting at different places within the goal circle.
- Practise shooting while being obstructed by a defender.
- Catch the ball sent by another player to the goal circle from different places and shoot

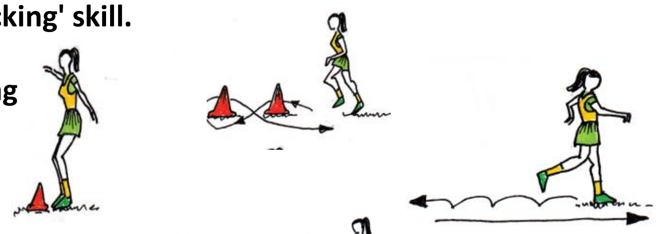
2017 Question and Answer

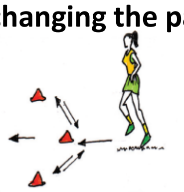
(i) Assume that you have been assigned the task of coaching your house's netball team. State two single - hand passing techniques that you will be teaching your team members.

- Shoulder pass, Lob pass, Bounce pass, Under arm pass

(ii) Using suitable diagrams, explain two activities that can be used to train the beginner netball players of your house for the 'attacking' skill.

- **Running around obstacles in a zigzag**
- **Running side ways.**
- **Running backwards and forwards**
- **Running changing the pace**





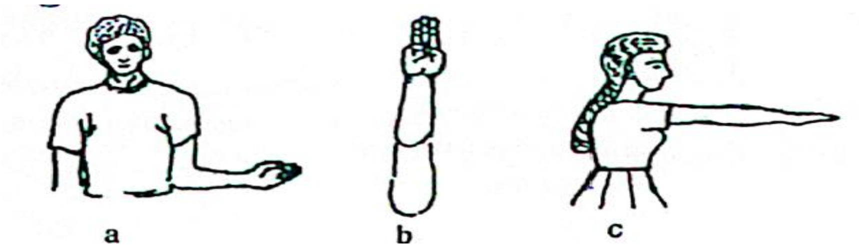


- **Running while abruptly changing direction**
- **Running changing both pace and direction**



(iii)

(a) Some hand - signals used by an umpire during a school's inter - house netball match are shown below. Explain the occasions that require the use of each of the given signals.



A-Direction of pass B- held ball 3 seconds C- Advantage

(b) In a netball match between the North - Western and Central Provinces. Wing - Attack (WA) of the North - Western team knocked against the Wing - Defence (WD) of the Central team at the center third. If you are an umpire, explain how you would act during the above instance.

- Blow the whistle stop the play.
- Place a Central Province player who can play in the Centre third or the WD at or close to the position where the infringement occurred.
- Place the WA of the North - Western team besides the WD or the other player of the central team who can play in the Centre third
- Award a penalty pass to WD of the Central province team
- The WA of the North - Western team can start the play only after the ball is fallen off from WD or the other player of the Central province team.

2018 Question and Answer

(i) Explain the instructions that you will be giving to beginner netball players about awarding a free pass to a team as a penalty.

- Award a free pass to an opponent team player who can play in that area, at or close to the point where the infringement occurred
- The footwork rule should also apply during this pass.
- The ball must leave the player's hands within 3 seconds

(ii) During the netball match between western and North - western province teams, the Centre (C) of the Western province team committed a ball - handling offence and consequently, the judge awarded a free pass to the Centre (C) of the North western province team. List three offences that the Centre (C) of the Western province team may have committed.

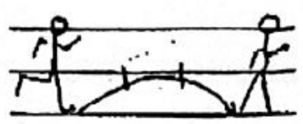
- Rolling the ball to another player, Tossing the ball and replaying it
- Dropping the ball and replaying it, over a third, Bouncing
- Passing the ball while lying on the ground or kneeling Holding the ball for more than 3 seconds

(iii) Describe two activities that are suitable to train beginner netball players to develop footwork.

- Hopping over previously marked markers and running forward



- Running slowly while jumping over obstacles





2019 Question and Answer

i) As a referee, mention the penalty that you would issue for personal contact within the goal area when playing netball.

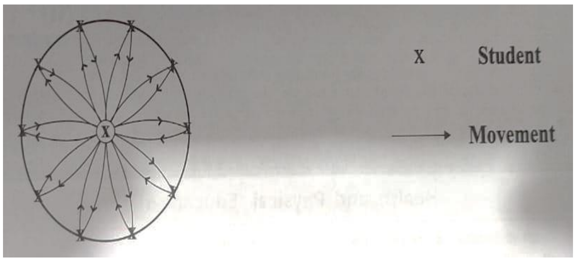
- award a penalty pass or shot within the goal area

(ii) During the netball match between Northern and Eastern Province teams, the Centre of the Eastern team could not get hold of the ball and as a result, the ball went out of the side line of the centre third. Giving reasons, explain your decision during this situation as the umpire.

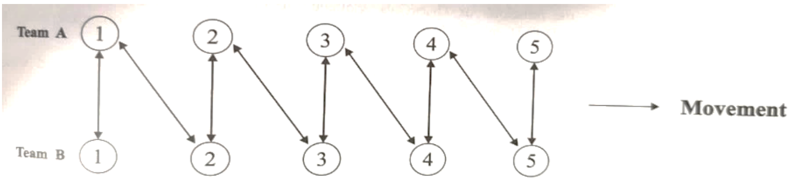
- Out ball - award a throw in to the centre or any other player of the northern team who is allowed to play within that area.

(iii) If you are assigned to train beginner netball players for the chest pass, describe two suitable activities that can be used to practice the chest pass after training the players for the technique of the chest pass.

- Activity 01
- Students will ask to stand in a circle as shown in the diagram.
- The student standing on the centre will pass the ball to students on the circle using the chest pass and the students pass the ball back to the centre using the same pass. continue the game so that all students will be given a chance to come to the centre



- Activity 2:



- Divide students into two groups A and B. The first student of the A team sends the ball to the first students of the B team by kicking. The first student of B team stops the ball by keeping the foot on the ball and kicks the ball back to the first student of the A team.
- Then the first student of the A team sends the ball to the second student of the B team and the process repeats until all students of both teams are given the chance to kick the ball to the opposite team and stop the ball with the foot.

2020 Question and Answer

(i)

(a) Mention the two main netball passing skills. (01 mark)

- Single arm passes, Double arm pass

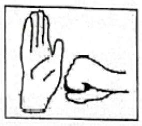
(b) Write one example for each of the two passing skills you mentioned above. (01 mark)

- Single arm passes: Shoulder pass, High shoulder pass, Bounce pass, Under arm pass, Lob pass
- Double arm passes: Chest pass, Side pass, Overhead pass, Bounce pass, Lob pass

(ii) During a netball match between the teams of Central and Uva provinces, the ball went out of court from the sidelines as two opposing players made simultaneous contact. Explain with reasons, your decision in this instance as an umpire. (03 marks)

- It is a fault,
- Award a tossup/throw up to the two players involved in the incident near the place in the court where the infringement occurred.

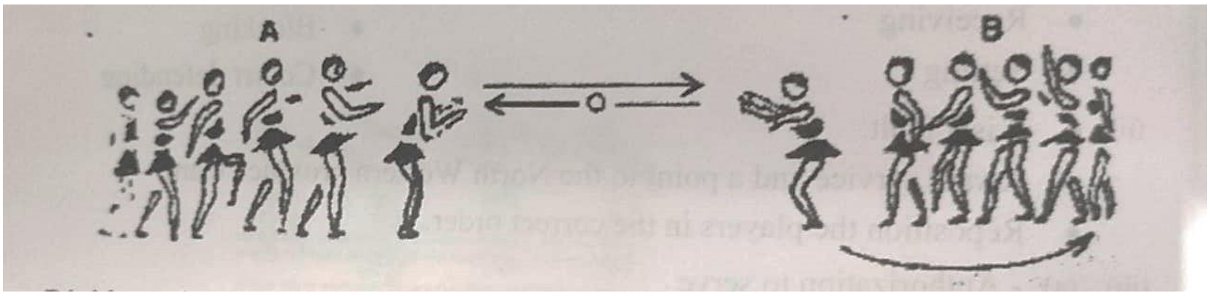
(iii) The diagram shows an official hand signal used by a netball umpire. What is indicated by this hand signal? (01 mark)



- Personal contact

(b) If you have been provided with twelve players and two netballs, select one of the passing skills you mentioned in question B(i)(a), and design and write two suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 marks)

- Divide students into two groups (6 players per group) and line them up as shown in the diagram.
- The first student of A team passes the ball to the first student of B team using the chest pass.
- Repeat this process.



2021 Question and Answer

(i) You have been assigned to train the netball team of your house for the school's inter-house netball tournament. What is the minimum and maximum number of players that can be allowed to play in a team during a netball match of that tournament?

- Maximum number of players: 07, Minimum number of players: 05

(ii) Mention three instances in which a free pass shall be awarded as a penalty for offences committed by netball players.

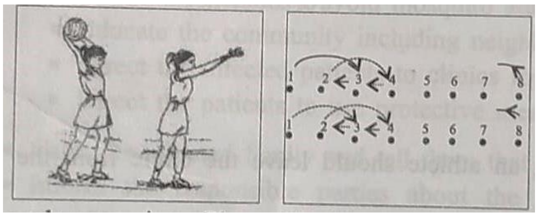
- Stepping, Dragging, Held ball/ 3 seconds, Over a third, Double bounce
- Passing the ball while sitting on the ground
- Centre-pass not receiving within the centre-third, Drop ball
- A player not allowed to play in the centre-third receiving the centre-pass
- At least one foot of the Centre is not positioned on the centre-circle

(iii) (a) Mention the penalty that is given for the offences committed to opponent players within the goal circle.

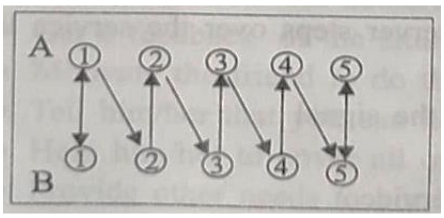
- Award a penalty pass or shot to the opponent team.

(b) Write down two suitable activities to practice the overhead pass skill of Grade 10 students after training the overhead pass.

- Activity 1 - Two teams must stand in two rows while maintaining approximately a 4-feet distance between two players.
- Player 01 passes the ball to player 03 over the head of player 02. Player 02 must try to catch the ball. Player 03 catches the ball and passes it to Player 02. Player 02 passes the ball to player 04 over the head of Player 03. Player 04 catches the ball and passes it to Player 03. The passing should continue until the end of the row is reached. The ball must then be passed to Player 01.



- Activity 2
- Arrange students in two teams A and B, facing each other as shown in the diagram.
- The 1st player of Team A passes the ball to the 1st player of Team B using the overhead pass.
- The 1st player of Team B passes the ball back to the 1st player of Team A using the overhead pass.
- The ball is passed as shown in the diagram from the 1st player of Team A to the 2nd player of Team B, from the 2nd player of Team B to the 2nd player of Team and so on using the overhead pass. Accordingly, every student gets a chance to practice the overhead pass.



2022 Question and Answer

(i) Mention the place names of players who are allowed to play inside the goal circle when playing netball. (02 marks)

- Goal Attack-GA
- Goal Keeper-GK
- Goal Shooter -GS
- Goal Defence - GD

(ii) During a netball match, two players from the two teams went off-side at the same time to get the ball. Giving reasons, explain your decision as an umpire during this situation. (03 marks)

- Awarding toss up and continue the game

(iii) (a) Explain how a point can be scored in netball.

- GA and GS By shooting into the goalpost.

(b) Explain a suitable activity to practice the shooting technique for netball players. (05 marks)

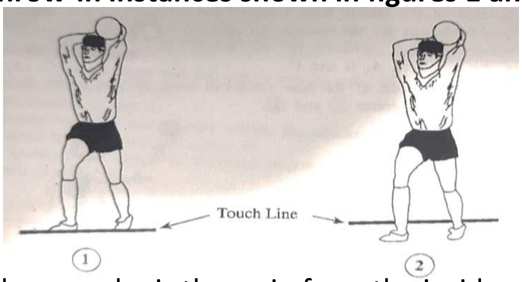
- Practise shooting at different places within the goal circle.
- Practise shooting while being obstructed by a defender.
- Catch the ball sent by another player to the goal circle from different places and shoot

Clarification for students

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Best wishes for best results.

2015 Question and Answer

(i) You have been appointed as the coach of your house's new football team. Explain your views about the two Throw-in instances shown in figures 1 and 2 to your team members. (02 marks)



- No 1 is correct. because he is throw-in from the inside of the touch line.
- No 2 is wrong. because he is throw-in from the outside of the touch line.

(ii) Explain three instances in which a player can be disqualified during a football match a to your team members. (03 marks)

- Making serious mistakes, scoring a goal using the hands
- Receiving two yellow cards, Receiving a straight red card for serious foul play.
- Using offensive language or gestures towards officials or players.
- Spitting at an opponent or any other person.
- Leaving the field without permission.

(iii)

(a) During an inter-house football match between the two teams 'Mayura' and 'Hansa', a player from 'Hansa' team kicked the ball toward the goal, and a player from 'Mayura' team intentionally touched the ball by hand at the penalty area, preventing the ball from reaching the goal line. Explain your decision regarding the above situation.

- Penalty kick to Hansa Team

(b) Explain two activities that can be used to train kicking skills of your new team members. (05 marks)

- Kicking the ball towards a goal, Kicking the ball short distances
- Kicking the ball between two, Kicking the ball and running

2016 Question and Answer

(i) You have been appointed as a coach of your house's football team. Name two kicking skills that you will be teaching your team members.

- Kicking with the foot, kicking with the inside of the foot, Kicking with the heel
- Kicking with outside of the instep, Kicking with the outside of the foot

(ii) Explain how you would train your new players to develop one kicking skill that you mentioned in question.

- E.g. Kicking with the toe: Stand behind the ball, Keep the free foot next to the ball, Keep the hands besides the body, Transfer the weight of the body to the free leg, Kick the ball with tips of the toes of the attacking leg.

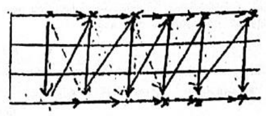
iii)

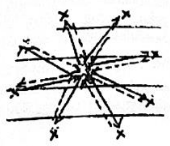
(a) In a football match between 'Gemunu' and 'Vijaya' teams, the 'Gemunu' team scores a goal and a 'Gemunu' player removes his jersey and runs across the ground celebrating his team's goal. If you are a referee, what would be your decision regarding the above incident?

- Caution the "Gemunu" Player (Yellow card) because the players are not allowed to remove their jerseys during the competition.

(b) Design and explain two suitable activities that you will be using, to improve one kicking skill of your new team members (use diagrams when necessary)

- Divide into two groups and pass the ball by kicking with the inside of the foot.
- Kick the ball to a wall; When the ball bounces and comes back to you, kick with the inside of the foot.



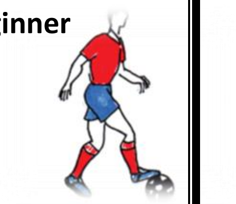


2017 Question and Answer

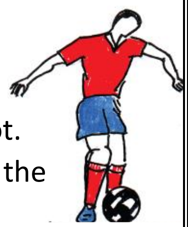
(i) If you have been assigned the task of coaching your house's football team, state two ways of 'stopping the ball', that you will be teaching your team.

- By keeping the foot on the ball, Using the inner side of the foot
- Using the chest, Using the abdomen

(ii) Using suitable diagrams, explain two activities that can be used to train the beginner football players of your house for the skill of 'stopping the ball'



- ❖ **Stopping the ball by keeping the foot on the ball**
- The ball is stopped by keeping the sole of the foot on the ball as it comes rolling along the ground or, if the ball is moving through the air, just as it touches the ground



- ❖ **Stopping the ball using the inner side of the foot**
- A slow moving ball or a fast moving ball is stopped using the innerside of the foot. When stopping the ball in this manner, the foot is drawn a bit backwards just as the ball touches the foot.



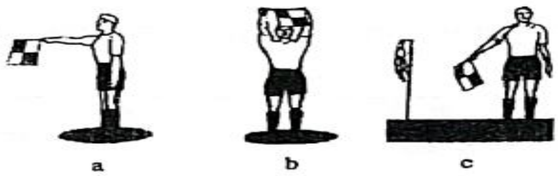
- ❖ **Stopping the ball using the chest**
- A ball that is moving in the air can be stopped using the chest. When stopping the ball using the chest, the chest should be drawn a little backwards just as the ball hits the chest



- ❖ **Stopping the ball using the abdomen**
- A ball that bounces on the ground can be stopped using the abdomen. When stopping the ball using the abdomen, the abdomen is drawn a little backwards just as the ball hits the abdomen.

(iii)

(a) Some signals used by the assistant referee during a school's inter - house football match are shown below. Explain the occasions that require the use of each of the given signals.



A – Goal kicks off side   B – Substitution   C – Corner kick

(b) During a football match between the Eastern and North - Central Provinces, a player of the North Central team was in off-side position. If you are a referee, explain how you would act during the above instance.

- Blow the whistle and stop the play
- Award and indirect free kick to the opponent team (Eastern team) at the position where the infringement occurred.

2018 Question and Answer

(i) Assume you are training the beginner football players of your school. Write the facts that you should consider when a player is taking a penalty kick.

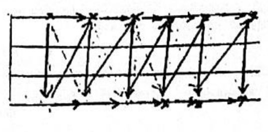
- Only the goal keeper and the plyer taking the penalty kick can stay within the penalty area.
- The referee must identify the player taking the penalty kick.
- The ball must be placed stationary on the penalty mark.
- The ball must be kicked forward
- The goal keeper must stay within the goal posts, on the goal line, facing the opponent player until the penalty kick is taken.
- If additional time is needed for the penalty kick, that time should be added to the relevant half of the game.

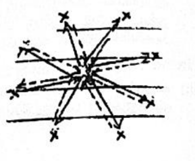
ii) During the football match between Northern and Eastern province teams, the referee awarded penalty kick to an Eastern province team player following an offence committed by a Northern province team player within the penalty area. State three offences that the above-mentioned Northern province team player may have committed.

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charging at an opponent
- Striking or attempting to strike an opponent
- Pushing an opponent
- Holding an opponent
- Spitting at an opponent

(iii) Describe two activities that are suitable to train beginner football players develop kicking with the inside of the foot.

- Divide into two groups and pass the ball by kicking with the inside of the foot.
- Kick the ball to a wall; When the ball bounces and comes back to you, kick with the inside of the foot.





2019 Question and Answer

(i) As a referee, mention the penalty that you would issue for offences committed within the goal area when playing football.

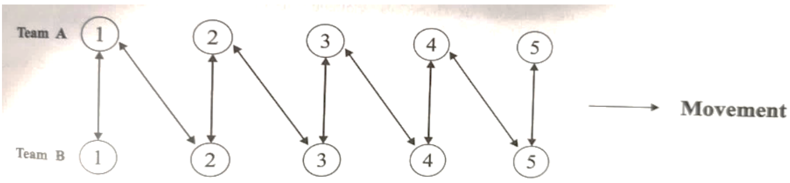
- Award a penalty kick

(ii) During a football match between southern and Center Province teams. the ball left the field passing the touch line after touching the foot of a Central team player. Giving reasons, explain your decision during this situation as the referee.

- ''Ball out of play'' is a fault. Hence award a throw-in to a southern team player at the boundary from where the ball left the field.

(iii) If you are assigned to train beginner football players to control the ball by 'keeping the foot on the ball', describe two suitable activities that can be used to practice 'keeping the foot on the ball', after training the players for the same skill.

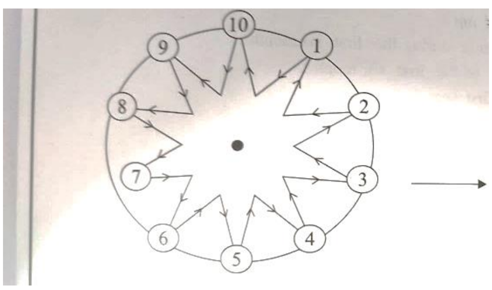
Activity 1:



- Divide students into two groups A and B. The first student of the A team sends the ball to the first students of the B team by kicking. The first student of B team stops the ball by keeping the foot on the ball and kicks the ball back to the first student of the A team.
- Then the first student of the A team sends the ball to the second student of the B team and the process repeats until all students of both teams are given the chance to kick the ball to the opposite team and stop the ball with the foot.

Activity 2:

- Direct the students to stand in a circle shown in the diagram. One student should stand in the centre of the circle. The student in the centre sends the ball to the1st student standing on the circle by kicking the ball.
- The 1st student who receives the ball must stop the ball by keeping the foot on the ball. Then he sends the ball back the student in the centre, and the students in the centre must stop the ball by keeping the foot on the ball.
- The process is repeated and all students are given a chance to come to the centre of the circle.



Movement

2020 Question and Answer

(i) Mention two types of football kicks. (02 marks)

- Kicking with the inside of the foot, Kicking with the outside of the foot
- Kicking with the instep, Kicking with the inside of the in step
- Kicking with the outside of the in step, Kicking with the heel

(ii) During a football match between the teams of Northern and Southern provinces, a player of Northern team deliberately pushed a player of Southern team. inside the penalty area. Explain with reasons, your decision in this instance as a referee. (03 marks)



- It is a major offense
- Award a penalty kick to a player of the Southern team at the penalty mark

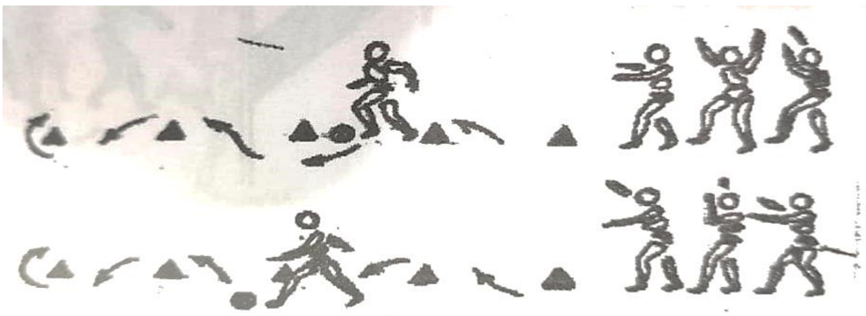
(iii)

(a) The diagram shows a signal given by a football referee. Wha tis indicated by this signal? (01 mark)

- Corner kick

(b) If you have been provided with 16 players and two footballs, select a football kick you mentioned in question C(i), and design and write two suitable activities to develop the proficiency of the selected kick after teaching it to the players. (04 marks)

- **An example of an activity for kicking with the inside of the foot**
- Cones are placed 1 m apart as shown in the diagram.
- Divide students into two groups (8 players per group) and line them up as shown in the diagram.
- Provide each group with a ball.
- Instruct the first player of each team to kick the ball in a zig-zag motion (as shown in the diagram).
- Repeat the process.
- The first team who completes the activity will be the winner.



2021 Question and Answer

(i) You have been assigned to train the football team of your house for the school's inter-house football tournament. What is the minimum and maximum number of players that can be allowed to play in a team during a football match of that tournament?

- Maximum number of players: 11, Minimum number of players: 07

(ii) Mention three serious offences that can be committed by football players.

- Kicking or attempting to kick an opponent, Tripping or attempting to trip an opponent, Pushing an opponent
- Jumping at an opponent, Striking or attempting to strike an opponent aggressively

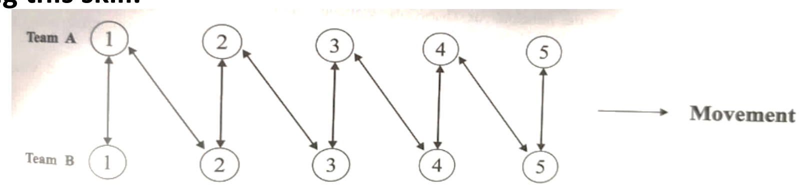
(iii)

(a) Mention the penalty that will be given when the whole of the ball crosses the touch-line in football.

Award a throw-in to the opponent team

(b) Write down two suitable activities to practice kicking with the outside of the instep of Grade 10 students after training this skill.

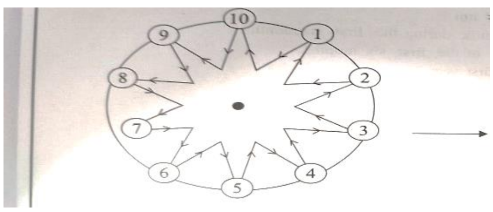
Activity 1:



- Divide students into two groups A and B. The first student of the A team sends the ball to the first students of the B team by kicking. The first student of B team stops the ball by keeping the foot on the ball and kicks the ball back to the first student of the A team.
- Then the first student of the A team sends the ball to the second student of the B team and the process repeats until all students of both teams are given the chance to kick the ball to the opposite team and stop the ball with the foot.

Activity 2:

- Direct the students to stand in a circle shown in the diagram. One student should stand in the centre of the circle. The student in the centre sends the ball to the1st student standing on the circle by kicking the ball.
- The 1st student who receives the ball must stop the ball by keeping the foot on the ball. Then he sends the ball back the student in the centre, and the students in the centre must stop the ball by keeping the foot on the ball.
- The process is repeated and all students are given a chance to come to the centre of the circle.



Movement

2022 Question and Answer

(i) Mention the two categories of free kicks that will be awarded to an opponent team due to an infringement in football. (02 marks)

- **direct free kick** – a goal can be scored directly from a direct free kick.
- **indirect free kick** - a goal cannot be scored directly from an indirect free kick.

(ii) During a football match, a player was hardly kicked by an opponent. Giving reasons, explain your decision as a referee during this situation. (03 marks)

- Show red card to who made mistake
- Award direct free kick to any player of the team except who injured from where made mistake

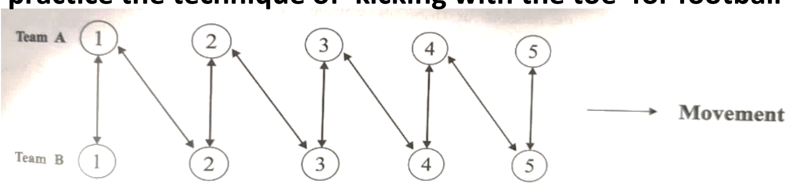
(iii)

(a) Explain how a point can be scored in football.

- Who shoot the ball fully inside the goal post without violating the rules and regulations

(b) Explain a suitable activity to practice the technique of 'kicking with the toe' for football players. (05 marks)

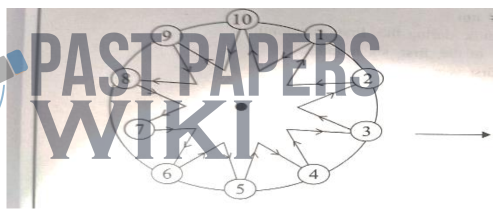
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Movement